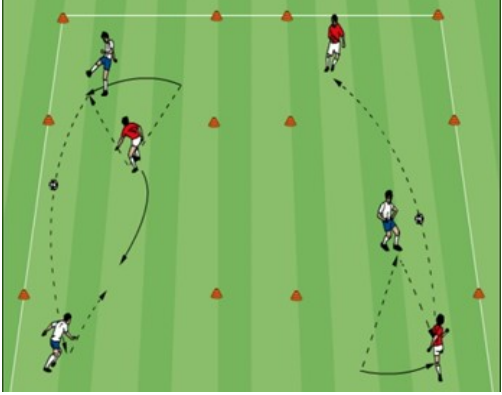
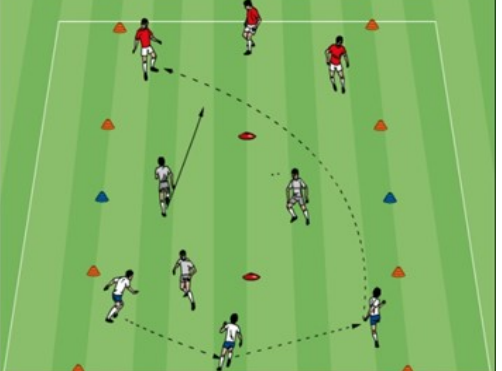
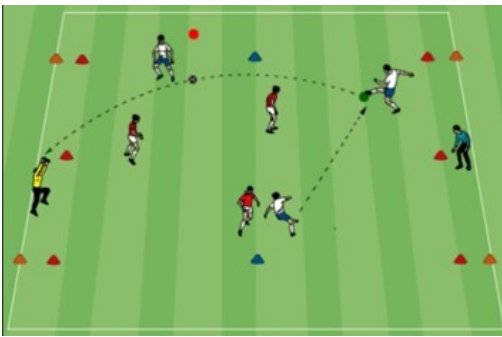



PLAY — PRACTICE — PLAY

“Long Balls”

Dribbling move
Cryuff turn/L turn

<p>PLAY 10 mins.</p>	<p>Play- as players arrive have them join in a small sided game.</p>	<p>Set Up- 3V3 or 4V4 small games. -20yds X 20yds fields -Set up multiple fields if needed</p>	<p>Let them play</p>
<p>Activity Description</p>		<p>Set Up Diagram</p>	
<p>#1 15 mins</p>	<p>Long Ball One player at each end of a 15x40 yard grid with a player in the central zone (the passer) to receive and pass the soccer ball back to the long passer. The kicker passes to the passer in the middle zone and he returns the soccer ball back to the kicker for him/her to strike a long ball to the other side.</p>		<ul style="list-style-type: none"> • Non kicking foot directed towards the target • Body position and balance • Lock the ankle when striking the ball
<p>#2 15 mins</p>	<p>3V1 In a 30x40 grid, a team will play 3v1 and will try to strike a long pass over the two defenders in the central area. If the player failed and gets the pass intercepted, then the group will change with the defending group. If the pass is successful, another defender enters and tries to intercept the pass. 2 players are always in the central area.</p>		<ul style="list-style-type: none"> • Lofted pass over the top • Curved ball around the defender • Proper technique when striking the long ball
<p>#3 15 mins</p>	<p>4V4 In The Air In a 30x40 yard grid with targets, two teams are trying to score by striking long balls to the target. If the target catches the ball without bouncing before entering his/her zone, the attacking team scores a point. Make sure the targets are moving back and forth behind the line to present a good target.</p>		<ul style="list-style-type: none"> • Striker a moving ball • Communication with teammates • Get behind defenders
<p>PLAY 25 mins</p>	<p>Small Sided Games 7V7 scrimmage</p>		<p>Let them play</p>

5 Elements

- Organized**-set up and ready to go
- Game like**-activity must be game like
- Repetitions**-repetition on what you are trying to achieve

- Challenging**-players need to be challenged
- Coaching**-the right coaching based on the age/level of the players