

### Theme: Long Passing

#### Drill

**Set Up:** Area approx 36 long and 30 wide with flags or gates 2 steps wide placed at far end. 8 to 12 players split into 2 groups.

**Objective:** Player A passes short to Player B to control and pass diagonal to Player C to control on the run and drive through gates - Player C casually dribbles ball back to start. Play is repeated from the right side.

**Variation:** Introduce: chipped, driven and curled passes. Player B lays ball off to Player A to play diagonal. Play is synchronised.

**Technique:** Weight and angle of pass / timing and angle of approach / quality of strike / lock ankle / knee over the ball / arms up for balance.

#### Development Activity

**Set Up:** Field approx 36 by 30 with 4 gates (2 steps wide) placed near the corners - equal numbers + floating player in central area.

**Objective:** Play possession football and look for opportunities to switch play. Goals are scored by passing directly through a gate to a teammate who has made a run beyond the gate. Team that scores regain possession. Look for quick switches of play.

**Variation:** When a team scores they are unable to score into the same goal until: they score through another goal or if the opposition score a goal.

**Technique:** As Drill - include timing of pass.

#### Group Play

**Set Up:** 4 goals on a short and wide field. Two teams of 4 v 4 + floating player (or 5 v 5 + floating player) in central area.

**Objective:** Both teams have 2 goals they can score into. Normal rules apply, however players are asked they open out play when the route to 1 goal is blocked. Look to attack swiftly when play is switched.

**Variation:** Double goal if scored directly from a switch of play.

FREE PLAY TO FINISH!

