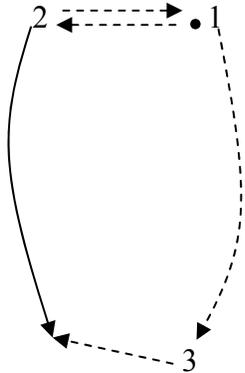
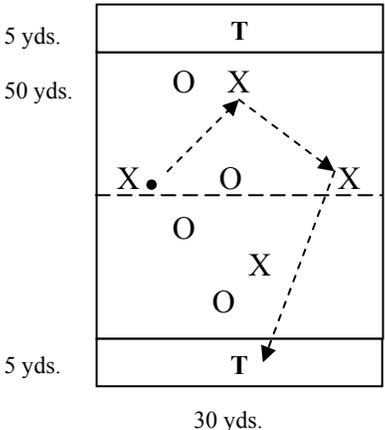
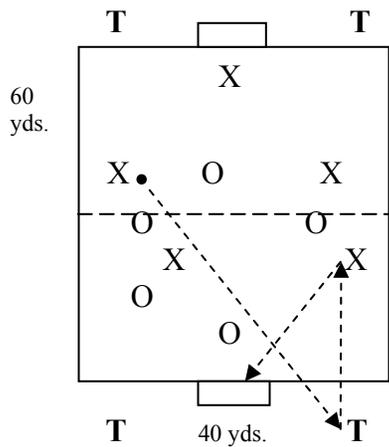
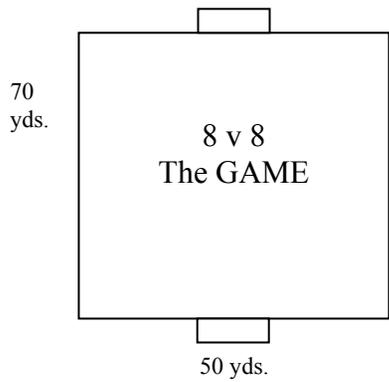


Topic: **Hitting Long Balls**

Organization	Variations	Diagram	Coaching Points
Fundamental			
<p>Technical long passing. Groups of three, one ball between three. Stretch.</p>	<ul style="list-style-type: none"> ▪ Pass and support in a short-short-long rhythm. ▪ Player [not] hitting the long ball, runs in support of the ball and the target player. Alternate roles each time. ▪ Begin with short passing on the ground and then increase the distance and hit longer balls in the air. ▪ Vary the type of long ball (i.e., driven, bending or flighted) ▪ Keep it realistic – make sure the players are hitting moving balls. 		<ul style="list-style-type: none"> ✓ Body mechanics and technique ✓ Preparation touch and angle of approach ✓ Eye on the ball and body position ✓ Accuracy, weight, timing and quality of pass (short and long)
Match Related I			
<p>4 v 4 + 2 target players (30 x 50 area or as needed). Directional game. Each team has one target player at the far end of the area in the end zone.</p>	<ul style="list-style-type: none"> ▪ Divide field into two equal halves and allow players to move freely (no defending in the target end zones). ▪ Award one point for passing to your target player and two points for hitting a long ball from your defensive half of the field that your target player catches. ▪ Once a point has been scored or the ball is played out of bounds, the ball is played to the opposing team. Rotate target players as necessary. ▪ Play to points or time. 		<ul style="list-style-type: none"> ✓ Look to penetrate long immediately and short only if necessary ✓ Proper selection of striking surface ✓ Recognition of time and space to play the appropriate long ball ✓ Be patient and allow opportunities to develop – just don't "kick it"

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Match Related II			
<p>5 v 5 + 4 target players with goalkeepers to two large goals (40 x 60 area or as needed). Directional game. Four target players play on the end line and link with the attacking team once they receive a long ball.</p>	<ul style="list-style-type: none"> ▪ Objective is to hit a long ball into one of the two target players. Once that is achieved, the target player then links a pass with the attacking team to score. ▪ Award (1) point for passing to your target player, (2) points for hitting a long ball to your target player from your defensive half of the field and (3) points for scoring from a long ball played to your target player from the defensive half of the field. ▪ Play to points or time. 		<ul style="list-style-type: none"> ✓ Proper shape and balance for team in possession ✓ Change of rhythm to exploit opportunities to penetrate ✓ Penetrate long immediately in transition if possible ✓ Speed of play and accurate decisions
Match Condition			
<p>7 v 7 with goalkeepers to two large goals (50 X 70 area or as needed).</p>	<ul style="list-style-type: none"> ▪ Possible formation 2:3:2 ▪ No restrictions 		<ul style="list-style-type: none"> ✓ Vary the attack (indirect versus direct) to unbalance the defending team. ✓ Implement the offside rule to improve timing and execution in the attack ✓ Find the most efficient way possible to score
Cool Down			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> ▪ Focus on major muscle groups. 		<ul style="list-style-type: none"> ✓ Reduce Heart Rate ✓ Static Stretching ✓ Review Session