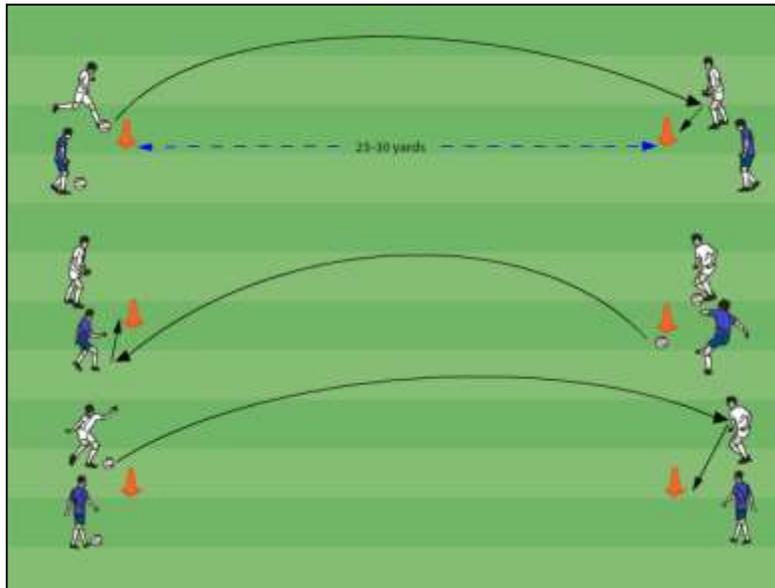




Kentucky Youth Soccer Association
Coach Education Lesson Plan
Adrian Parrish: Technical Director
Topic: Aerial Services – Long Passing

Training Objectives:

To primarily help players to improve the technique of passing the ball in the air over a longer distance. Using different methods of driven, lofted and chipped passes into a team-mate to either skip a line or miss out opponents.



Duration: 10 Min
Repetitions: 70
Recovery : 15 secs

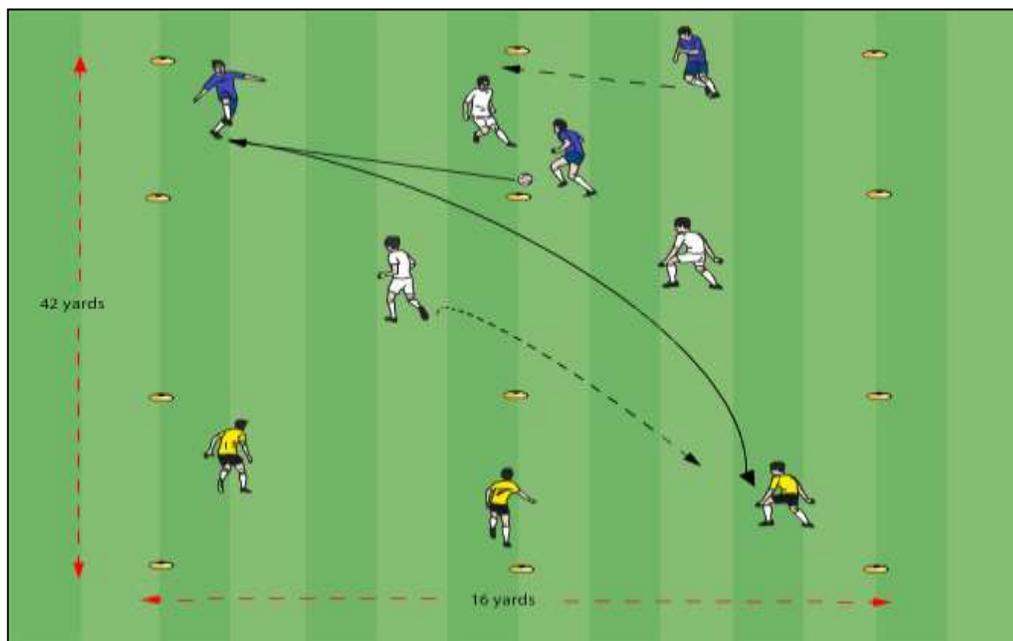
Activity Intensity: Low
Activity Time: 15 secs

Organization

Players are in groups of four, two pairs and a ball per pair. Set two cones 25-30 yards apart. First player drives a pass in the air to their team mate on the other side who has one touch to try and get the ball settle next to the cone. The other player then passes the ball, ball closet to the cone wins a point. Repeat.

Coaching Points

Angle of approach, place non kicking foot slightly ahead of the ball, strike through the bottom of the ball with the laces, lock the ankle, head and shoulders over the ball, keep your eye on the ball, and straight follow through.



Duration: 15 Min

Activity Intensity: Medium

Repetitions: 5

Activity Time: 2 min

Recovery: 1 min

Organization

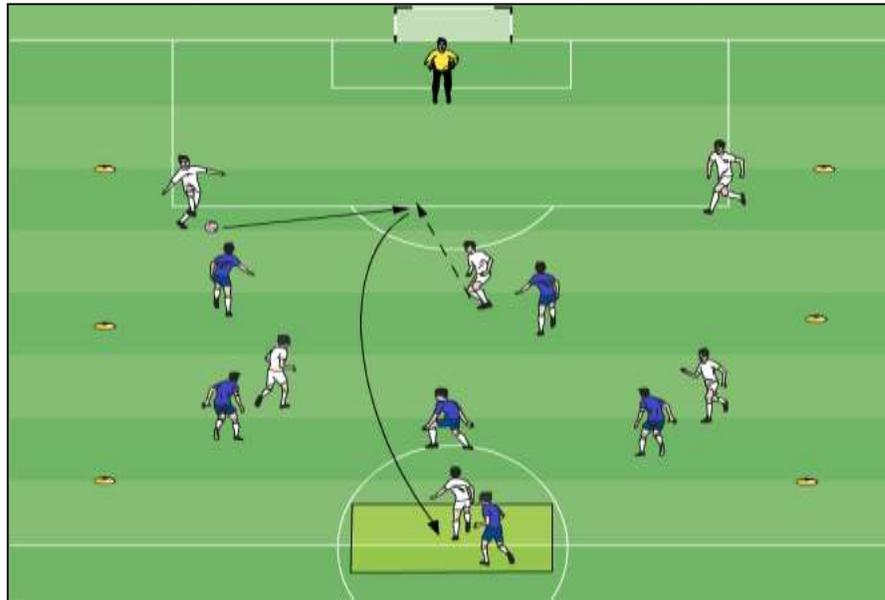
Three groups of three players in a 42 x 16 yard grid divided into three sections. Teams play a 3v1 in their third and attempt to play a long lofted pass over the middle section. If it is intercepted the middle team get out by dribbling into the area of the team that lost it. If the pass is successful a defender from the middle goes and applies pressure on the other team. Ball cannot be played back first time, a shorter pass has to be made before it can be transferred back.

Coaching Points

Angle of approach, set up touch out of feet, drive through with laces, weight of the pass (lofted & chipped will need less weight than a driven), lock shoulders and hip on follow through



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Duration: 15 Min

Activity Intensity: High

Repetitions: 3

Activity Time: 4 min

Recovery: 1.5 min

Organization

7v6 including keepers on a 44 yard (long) x 48 yard (wide) field. Place a 10 x 10 yard grid in the middle of the centre circle with a target player a defender in the grid. The team playing out from the big goal scores by playing into the target player who must control the ball in the box (keeper cannot play directly to the target player). Other team scores in the big goal. Offside rule applies

Coaching Points

Reading the defenders of when to play long (quick) or when to possess and play short (build-up). If defenders drop off, possess the ball, if space is left in behind try to hit the target player early.



Duration: 20 Min

Activity Intensity: Medium

Repetitions: 2

Activity Time: 10 min

Recovery: 2 min

Organization

9v9 including all FIFA rules. Teams play in a 1-3-3-2 formation . Encourage the team you are coaching to look for longer penetrating passes when it is available. If not the team needs to be encouraged to possess until a longer pass can be made.

Coaching Points.

As previously mentioned in Stages I thru III. Allow players to play and make decisions for themselves.