

St. Mary's Youth Soccer Training Series

Topic: Long Passing
Age/Level: U-12 and up
Type:

→ Run Pass ●~~~~~ Dribble

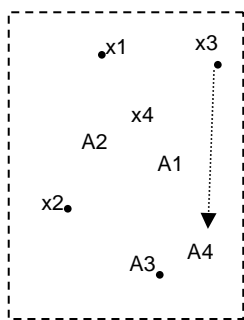


Notes:
 This session is designed to progress the players through a session that focuses on long passing.

Thanks to Adam Ferreira

Progression: (Warm-up)
 Exercise: Long Passes
 Time: 15 Minutes

In a 40x60 grid, give a ball to one out of every 2 players. Pass to a player w/o a ball, player furthest away, beginning with ground passes and progressing to air passes. Stretch every 2 minutes.

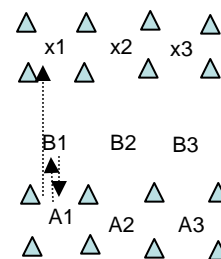


Progression: 3
 Exercise: Long Passing
 Time: 20 Minutes

Using the same area as Progression 2, add a player in the middle. X1 passes to B1, who passes back to X1. X1 then passes to A1. Begin with 2 touches then progress to 1 touch for the long pass. Go through inside and laces of both feet.

Variation: Receivers move to outside of the grid and move to receive the ball in the grid.

Emphasize the technique, accuracy, pace, and timing. A1- X1 skipping b1 focus on quality of long pass & landing in 10x10 area.



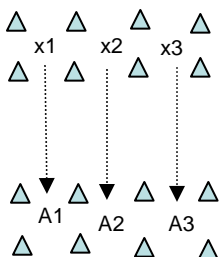
Progression: 2
 Exercise: Passing Grids
 Time: 20 Minutes

In 10x10 grids that are 20 yards apart, players pass the ball. Go through inside of left and right feet and instep/laces of left and right feet.

Step 2: Open the space up to 20-25 yards apart.

Emphasize technique, head down, eye on ball, plant foot position, strike point on the ball, follow

through, and lock the ankle. Use Laces, hitting low passes on or above the equator, hitting lofted balls below the equator, and speed and pace to accommodate the receiver.



Progression: 4
 Exercise: Small Sided game
 6v6 Game
 Time: 20 Minutes

In a 40x60 grid, play 6v6. Three players from each team must be on each half of the field at all times. Score by passing the ball from the defensive side to a teammate in the end zone. No defending players in the end zone.

Emphasize look forward first, then medium distance, then short. Read the defense.

Variation: Add Goals, play 8v8

