

Topic = Controlling Flighted Passes

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Put players in twos and pair up with another team * One player from each team stands opposite their team mate approximately 20 yards apart * One player plays a flighted ball into his/her team mate, who has one touch to try and put it as close to the cone as possible. The other team then has an attempt * The team the touches their ball closest to the cone wins a point. Players then switch roles, first to 10 points win 	<ul style="list-style-type: none"> * Get in line with the ball * Make an early selection of body surface to control the ball * Relax body part on impact <p>Guided Discovery Question Why do you need to cushion the ball?</p>
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Players stay work in pairs against their opponents. * One player passes a flighted ball to their teammate, who has to touch the ball down and dribble over to the other square * The defender can apply pressure as soon as the receiving player has touched the ball * If the defender wins it they win a point and dribble into the square and pass over to their teammate * If the receiving player is successful the then pass it back and they score a point 	<ul style="list-style-type: none"> * Get in line with the ball * Make an early selection of body surface to control the ball * Relax body part on impact * Take first touch away from the defender into space * progress to allow the defender to defend the receiving player immediately when the ball has been played <p>Guided Discovery Question How can you prepare yourself better to get into the area quicker?</p>
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Divide the group into three teams of three players * One team is allocated to a grid * The activity starts with one team playing the ball over the middle grid to the opposite side * As soon as a ball has been passed the defending team can go in and try to win the ball. * The receiving player must take a touch and pass it to or a team-mate or pass it directly back over the other side * Defending team wins it or it is a bad pass the change 	<ul style="list-style-type: none"> * Prepare yourself to receive the pass * Be aware of your teammates <p>Guided Discovery Question How can you create more space for you and your teammates?</p>
<p style="text-align: center;">MATCH</p>	<ul style="list-style-type: none"> * 6 V 6 including GK's or whatever numbers work out for group * Add extra points for goals scored from a flighted pass, if controlled and finished * Normal soccer rules * Little to NO coaching 	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> = Players = Touch = Flighted Pass = Run without the ball </div> <div style="text-align: center;"> = Ball = Cone = Dribble = Neutral Zone </div> </div>
<p style="text-align: center;">COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	