

FITNESS LONG PASSING

STAGES COVERED BY ACTIVITY

Stages 4 & 5 - 12-18 year old players

THEMES & COMPETENCIES

Theme:

- + Advanced technical training and fitness.

Competencies:

- + Receiving - foot, thigh, chest and head.
- + Medium and long distance passing.
- + Anaerobic endurance training.
- + Individual receiving and passing technique.

WHY USE IT

A Great way to mix long passing and fitness work. The ability to play over distance on tired legs is a very good technical test.

SET UP

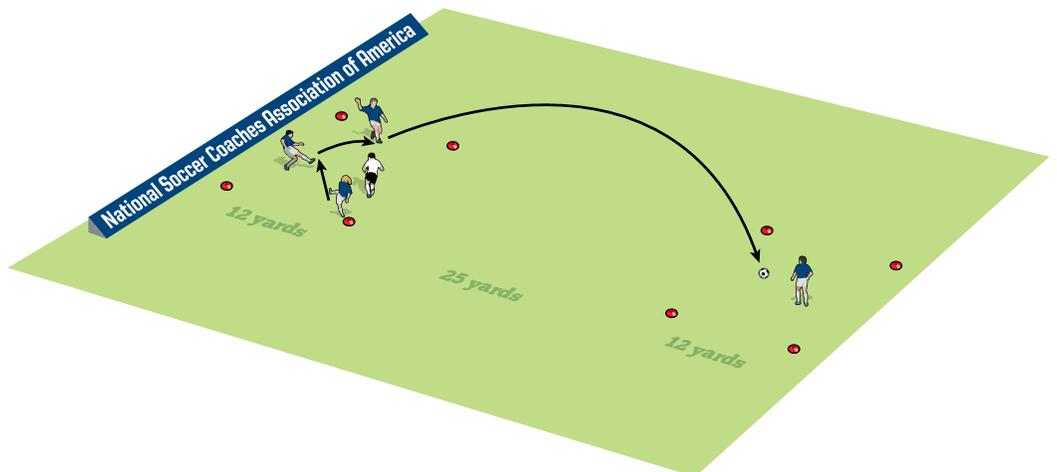
Groups of 5 playing in and between two 12x12 yard grids (twenty-five yards between grids).

HOW TO PLAY

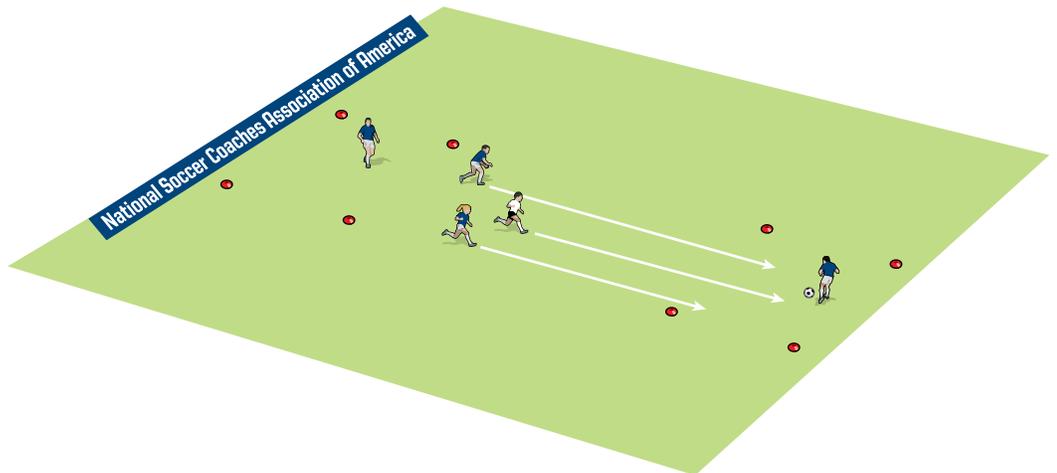
3 players pass the ball against a single defender who can only play at half-speed to start. If the defender wins the ball, play restarts immediately with no role changes. The attackers must complete 2 passes (or more) and then play a long pass to the other grid, where the 5th player awaits. When the long pass is played, the player making the long pass remains in the grid, while the other 3 players (2 attackers and the defender) sprint to the other grid. The last player to arrive is the new defender. Play for 3 minutes and then rest before playing again.

COACHING NOTES

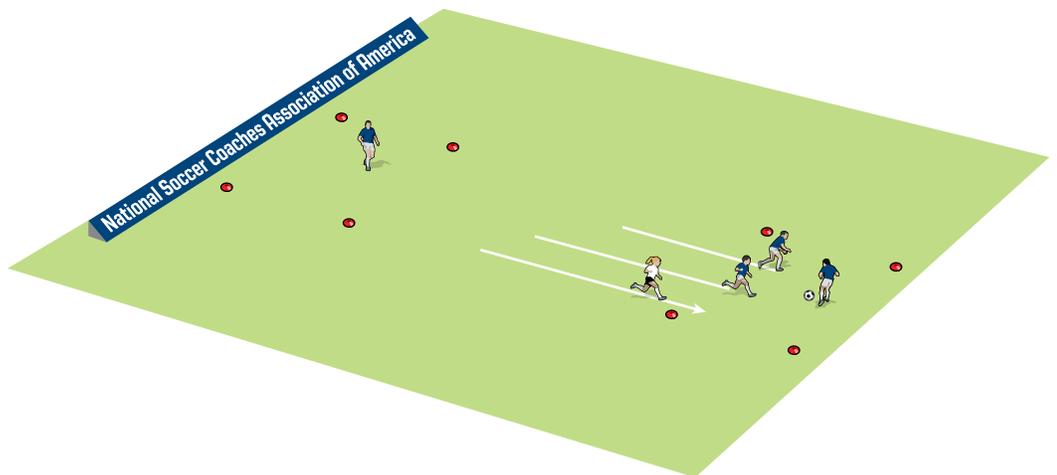
- + Objectives: Can players serve under pressure on tired legs and then make long runs in support of the ball after a change of fields?
- + Tip: Watch the activity closely and make balanced groups to make sure the work load is evenly shared.
- + Adaptations: All serves must be with the non-preferred foot; all play is with the non-preferred foot; defending player gives full effort.



- + Attackers pass twice and play a long pass to the target in the far grid.
- + Defender starts at ½ pace.



- + The player passing long remains in the grid while the other 3 players race to the other grid.



- + The first two players to arrive in the grid join the player in possession.
- + Last player to arrive becomes the new defender and play continues.

