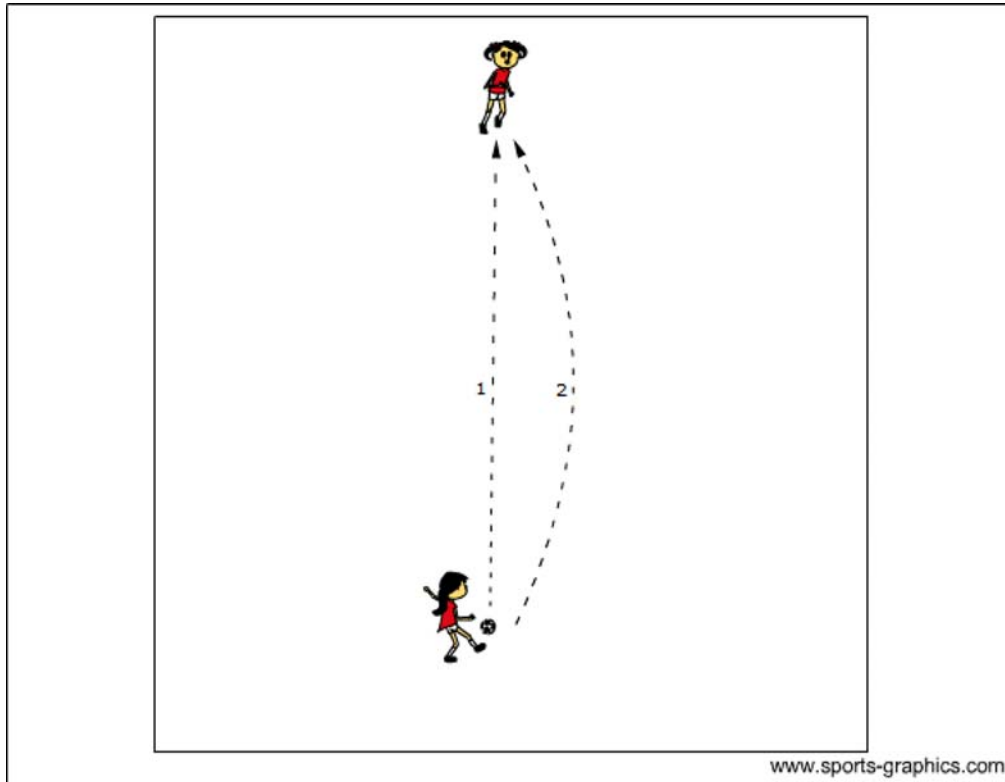




## Hitting Long Balls (minis)



### Set Up

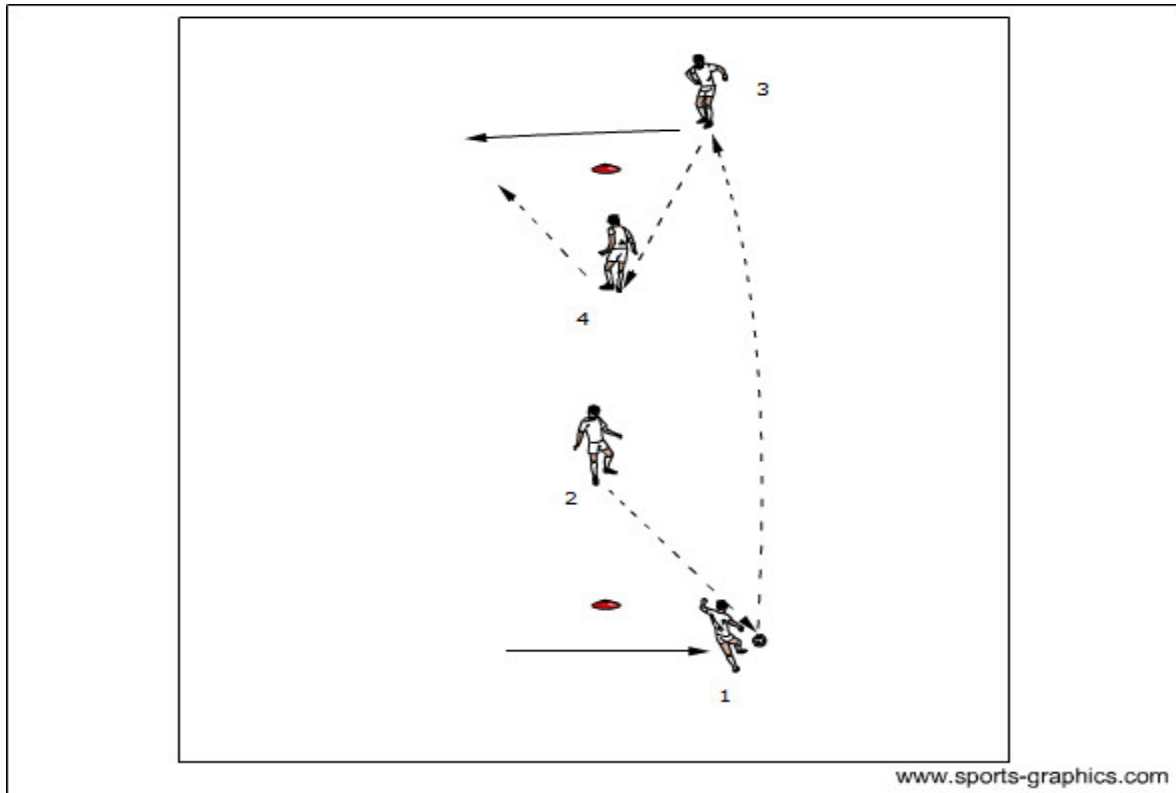
- Players play with partner who's 15-25 yards away (varies with age)

### Sequence

- Players drive/kick the ball back and forth to each other
- Work on various types of passing (on the ground and in the air)

### Coaching Points

- Keep eyes on the ball
- Non-kicking foot is placed alongside the ball
- Pointed toe and firm ankle
- Kick through the ball
- As the player kicks the ball (*on the ground*), his/her momentum should take him/her forward (follow through) as this will provide more power and accuracy



### ***Set Up***

- Group of 4 players
- Area of 15-40 yards in length depending on age

### ***Sequence***

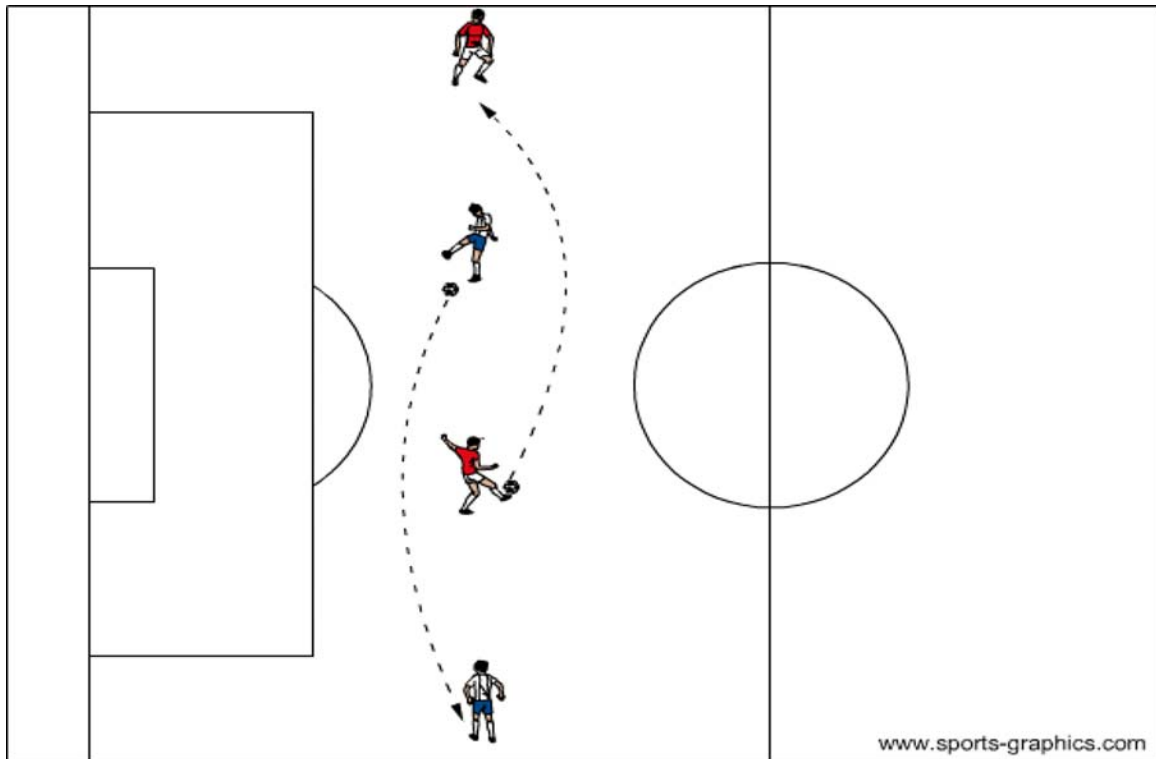
- Player 1 is in possession of the ball 1 yard away from the cone. Player 2 is 4 yards behind the same cone, facing player 1.
- Player 1 passes the ball to player 2, who returns the pass but on the opposite side of the cone.
- Player 1 moves to attack and drive the ball across the 40 yards gap between the two cones and to the feet of player 3. Player 3 controls the ball and lays it back to player 4, who passes it back the other side of their cone to player 3, who now drives the ball back to player 1.
- Repeat the drill 10 times and then players switch positions.

### ***Coaching Points***

- The greater the distance, the more likely the pass is to be inaccurate, so it is really important for players to really concentrate on the ball during the drill.
- The pass pushed wide of the pole, which sets up the 40 yards kick, must be soft and controlled.
- The kicking player must receive a pass that can be driven without the need for a controlling touch (younger players should be encouraged to take an extra touch so they can then have a better opportunity to apply correct kicking technique).
- The kicking technique requires the player to keep eyes on the ball, the non-kicking foot is placed alongside the ball, and with a pointed toe and tight ankle, kick through the ball.
- As the player kicks the ball, his/her momentum should take him/her forward (follow through) as this will provide more power and accuracy.



## Hitting Long Balls



### Set Up

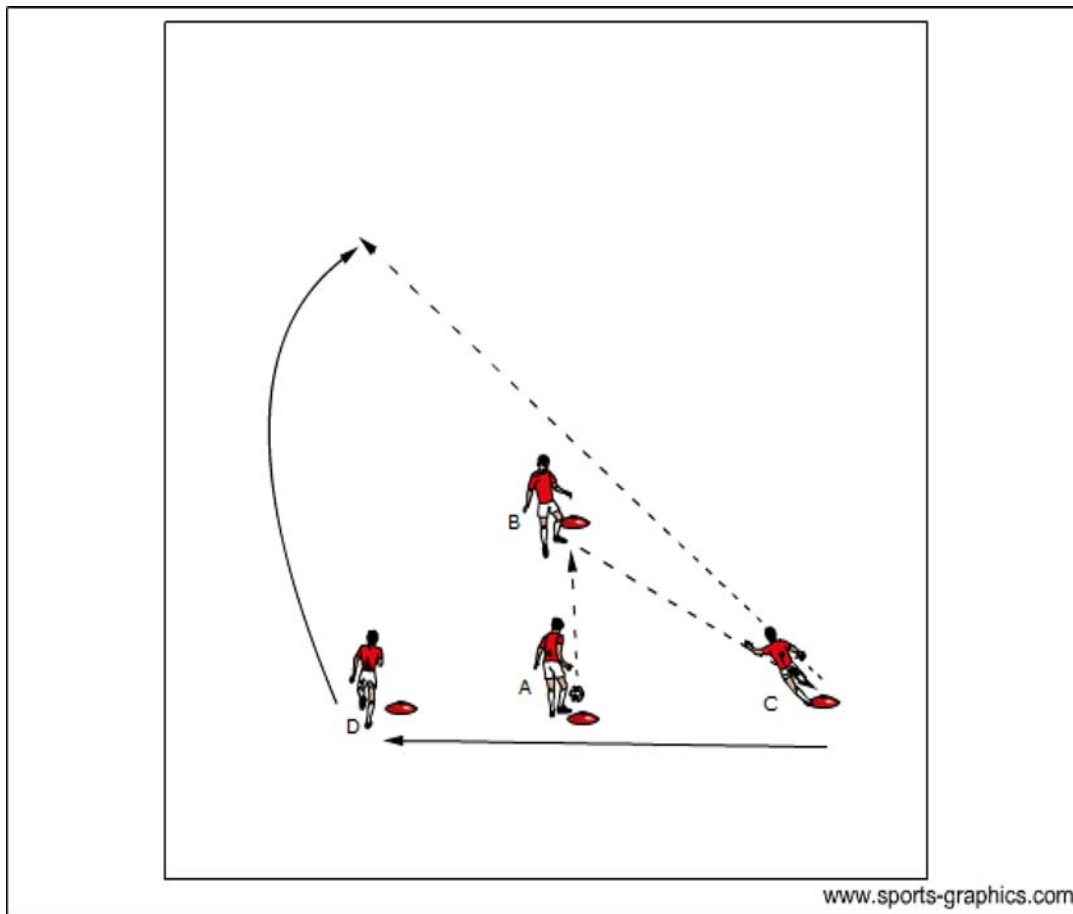
- Players play with partner who's 25-50 yards away (varies with age and ability)

### Sequence

- Players drive/kick the ball back and forth to each other
- Players must hit a long ball over a player (meaning the other group doing the same)

### Coaching Points

- Keep eyes on the ball
- Non-kicking foot is placed alongside the ball
- Pointed toe and firm ankle
- Kick through the ball

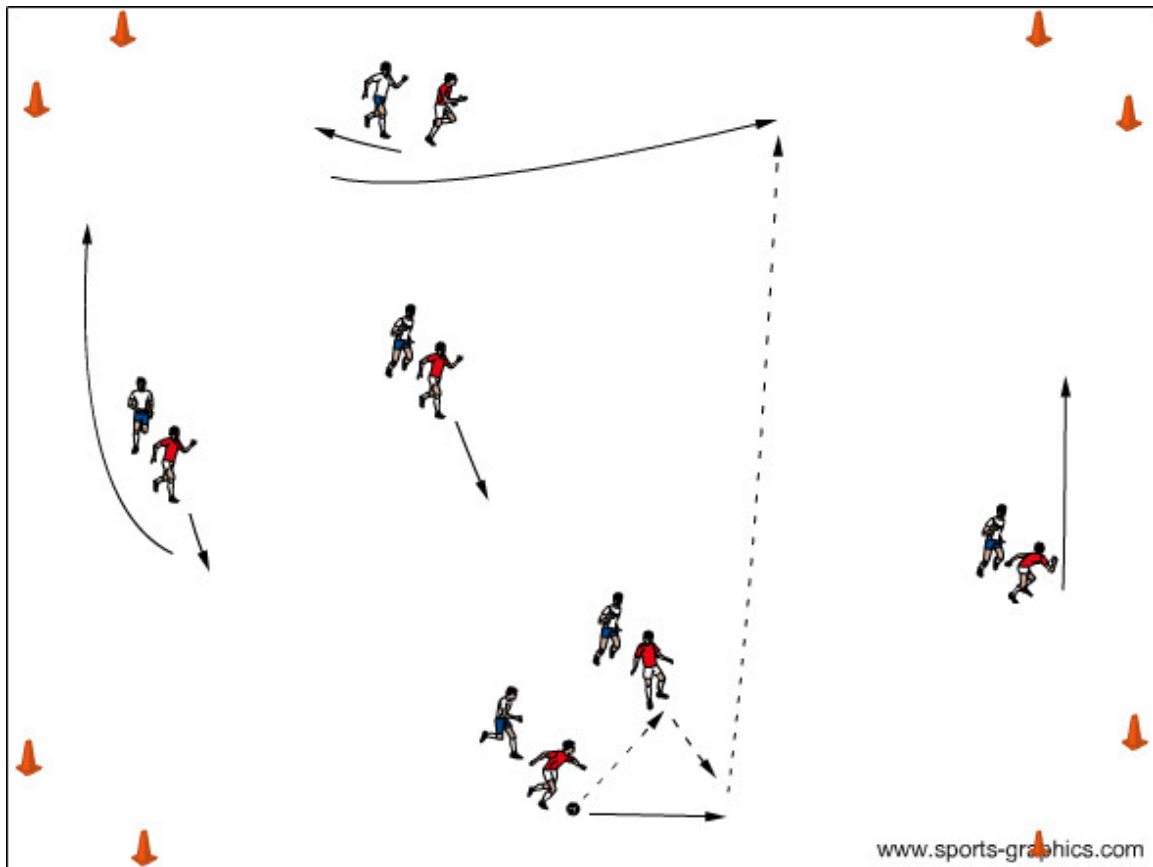


### Set Up

- 20x50 yard area

### Sequence

- Player A passes short to B and follows
- Player B passes short to C and follows
- Player C passes long to D who has made a wide angle run around the outside of Player B
- Player C moves to position of player D (rotation begins)
- Player D comes back to the end of the line where player A began the drill



### ***Set Up***

- 2 teams of 6 players (could also be played with 4 or 5 players but there will be less opportunities to apply short and long passing sequence)
- 4 goals in a half field depending on age

### ***Sequence***

- Play a 6v6 game and score on any 4 goals (can also designate 2 goals for each team).
- Players can not score on the same goal twice in succession.

### ***Coaching Points***

- Distance and angle of support
- Near and far support
- Communication
- Eye on ball to strike
- Accuracy of passing
- \*also apply points from previous drills