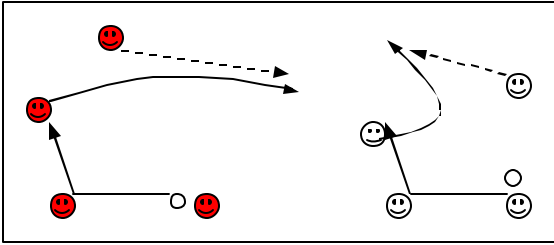
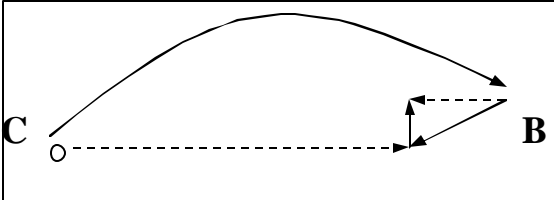
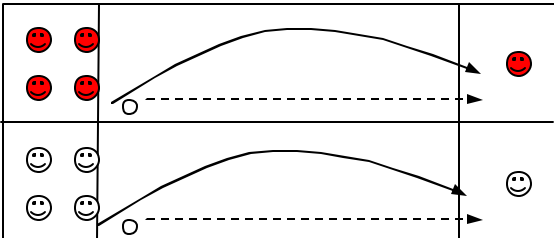
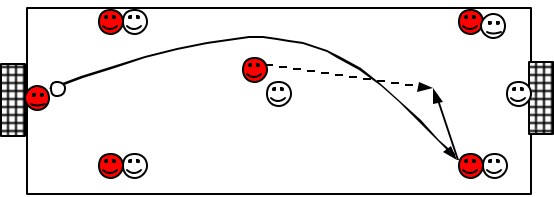




# AMHERST SOCCER ASSOCIATION

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p><b>Short – Short – Long</b>            In small groups of 4 players go through a passing sequence of short pass – short pass – long pass. After the long pass the whole team joins the player which made a run to receive the long pass and the sequence continues.            Add Stretching during the early stages of this exercise.</p>	<ul style="list-style-type: none"> <li>* Read the players body shape so you can make the run</li> <li>* Technique of a driven pass</li> <li>1. Standing Foot</li> <li>2. Lock the ankle of the kicking foot</li> <li>3. Toes Pointing down, use the laces</li> <li>4. Strike through the middle of the ball</li> <li>5. Follow through the pass</li> <li>* Team must move to support the pass</li> </ul>
<p><b>1. MATCH RELATED ACTIVITY</b></p> 	<p><b>Long Passing</b>            A starts with the ball and plays a lofted pass to b and then follows their pass. B controls the ball and lays the ball back to A, who plays it slightly in front of B, who can then play a long lofted pass to player C and follow the pass. Procedure continues            Also work on driven pass</p>	<ul style="list-style-type: none"> <li>? Technique of Lofted Pass</li> <li>1. Standing Foot</li> <li>2. Lock the ankle of kicking foot</li> <li>3. Toes pointing down, use the laces</li> <li>4. Strike through the bottom of the ball</li> <li>5. Follow through the pass</li> <li>6. Lock the back shoulder</li> <li>? First touch out of the body</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<p><b>Box Relay</b>            Players are placed into teams and passing lanes. One player goes as a target player into the fair box as shown in the diagram. Players take turns to pass the ball to the target player. If they do this without the ball bouncing in the passing lane they join the target player. First team to have all their players in the target box, wins.            Progression: Add defender in the target box.</p>	<ul style="list-style-type: none"> <li>? All of the above</li> <li>? Angle of approach to the ball</li> <li>? Weight of Pass</li> </ul>
<p><b>MATCH CONDITION ACTIVITY</b></p> 	<p><b>Long Passes count as double</b>            Regular soccer rules in a scrimmage            Play with 1 GK, 2 Def, 1 Mid, &amp; 2 Strikers            Teams can score double points if a goal is created directly from a long pass, therefore make the playing area long and narrow.            Remember to only coach one team and remain with the topic</p>	<p><b>KEY TO DIAGRAMS</b></p> <ul style="list-style-type: none"> <li>  = Players</li> <li> = Short Pass</li> <li> = Lofted/Driven Pass</li> <li> = Ball</li> <li> = Running</li> <li> = Goal</li> </ul>
<p><b>COOL DOWN</b></p>	<p>Players slowly dribble around. Then move around the grid without a ball doing jogging and stretching</p>	



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