

Passing

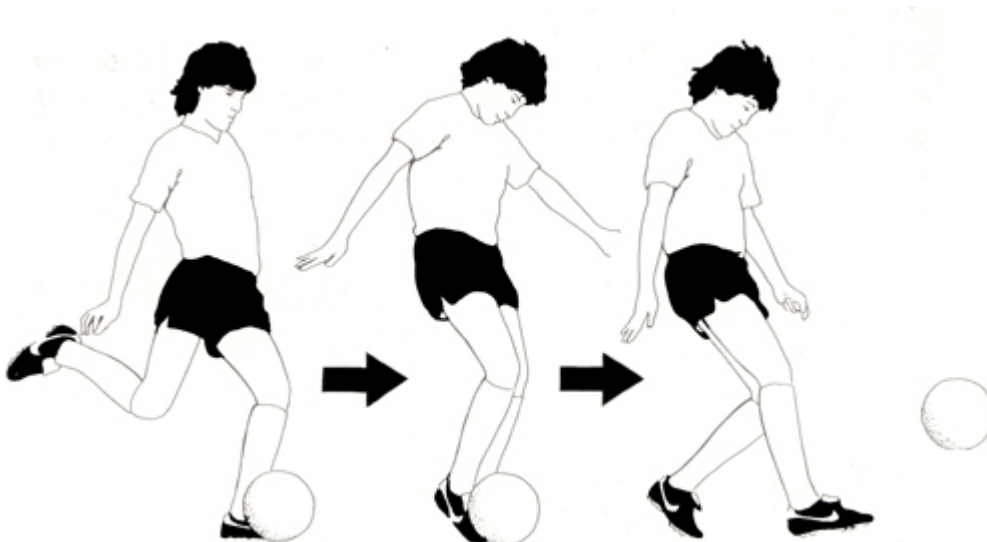
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I was talking the other day to **Derek Possee**, who has had great experiences both as a player and a coach.

I was saying that one aspect of the game we tend not to practice enough was the chip pass and the long pass (Note: I say Long Pass - not Big Kick) Derek agreed and then disagreed because he does something about it.

So we are going to make one of these skills - chipping - the focus of our two practices this month. And next month we'll look at long passing practices.

First of all let's look at the techniques involved.

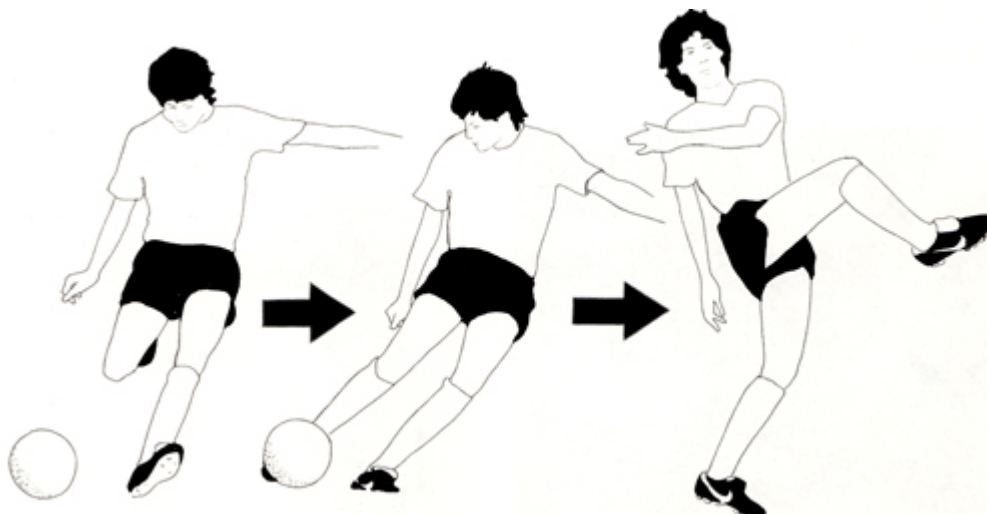


Chip Pass

There are many variations of the Chip Pass as our great free kick specialists demonstrate when chipping, bending and swerving shots at goal from 20 to 30 yards from goal.

In its basic format it uses the techniques shown here. Depending on how far the chipped pass is going to go, will depend on how far back the back swing will be - longer back swing for a longer chipped pass - shorter for a short ball.

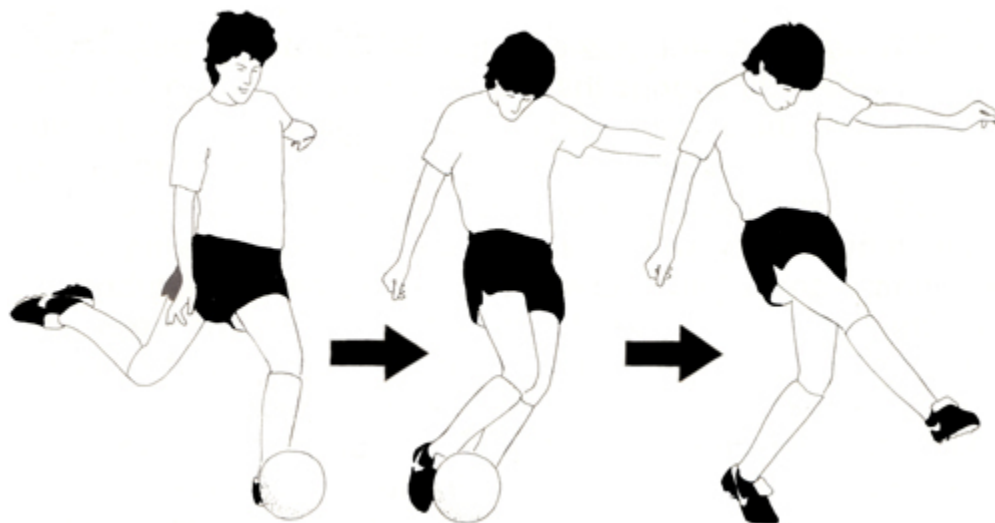
The ball is struck with the front of the foot (the laces) stubbing underneath the ball to impart height and back spin. Normally there is a short follow through - to emphasize the stubbing motion.



Lofted Pass

The aerial pass has a long back swing and follow-through. The non-kicking foot is placed farther back and further to the side than it would be in the case of the low, driven pass.

The long pass falls into two categories - a lofted pass and a driven ground pass.



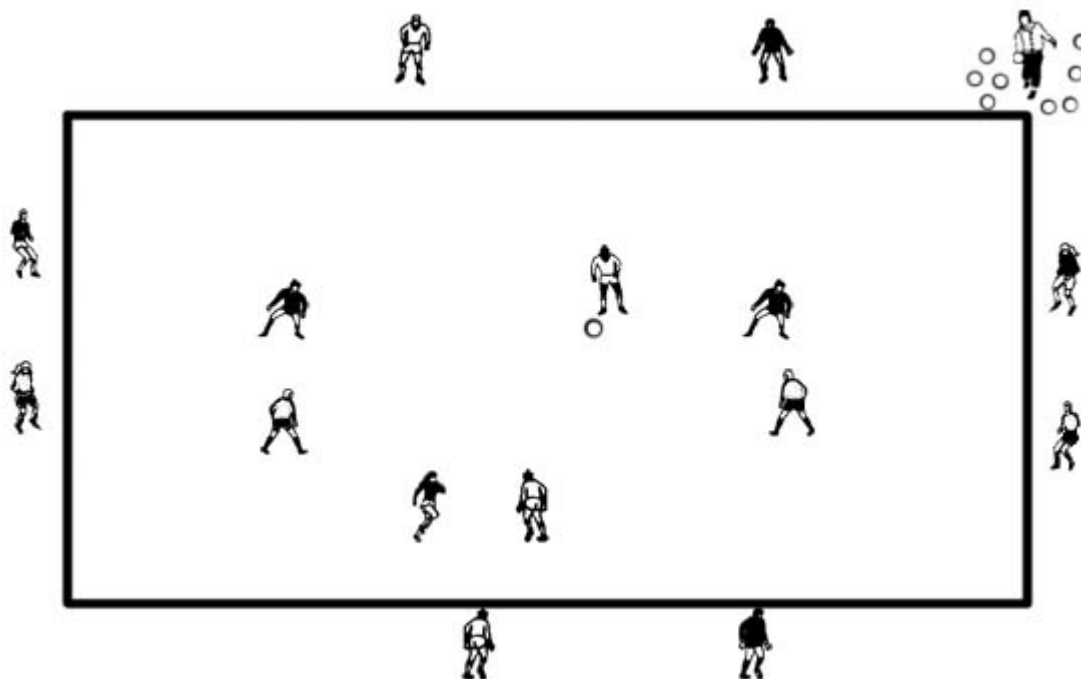
Low Driven Pass or Shot

If you look at the two graphics you will see the basic differences.

In the driven long ground pass (or shot on goal from 15-25 yards) the player has to work hard to keep the ball low, so the non-kicking foot is almost alongside the ball and the knee of the kicking leg, as well as the upper body, are right over the ball at the point of contact to keep the ball down.

Here is Derek's game

The Derek Possee Chipping Game (for teenage players)



Organization:

Depending on the age of the players make a rectangle.

In this case with U15 players the area is 40 yards x 30 yards.

Within the rectangle play 3 vs. 3 (if you have an odd number have one free player always with the team in possession, e.g., 4 vs. 3)

With 15 we have 2 teams of 7 plus the free player and the coach with supply of balls.

Objective and Challenge:

Coach plays in a ball to one team who look to keep possession.

As they keep possession they look to play to their team mates on the outside (who cannot be challenged).

The outside players can be conditioned (two or three touch).

The outside players can chip the ball across the rectangle to one of their own players who can control and pass into their own player with the rectangle (1 point) or they can play it in successfully on the first-touch (2 points).

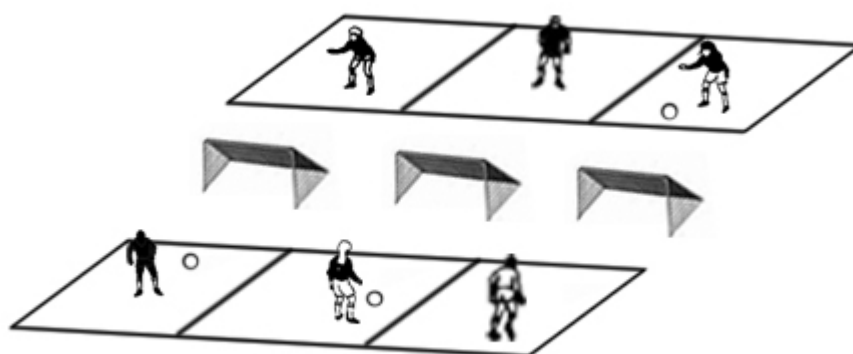
If they take more then 2-touches they can retain possession, but do not score points.

When the practice breaks down the coach serves another ball into the team previously not in possession.

Make sure that rotations of roles is made fairly frequently (e.g., every 4 minutes)

Winning team is one with most points after say, 10-15 minutes.

Tony Waiters' Chippy Tennis for Younger Players



Organization:

Two 5 yard squares, 5 yards apart.

The chip must go into the air and land in the other square to score a point.

Adjust the distances if the players are having difficulty.

If you have any cones, or a coaches chair or a 4-foot high goal, put it in the middle of the "no mans land" to give them an object to play over.

For 6, 7 & 8 year olds don't have obstacles in the middle. They merely have to land the ball in the other square.

Challenge:

First to score 10 points, but both must have the same number of attempts.

In the event of a tie - keep going until one player misses.

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