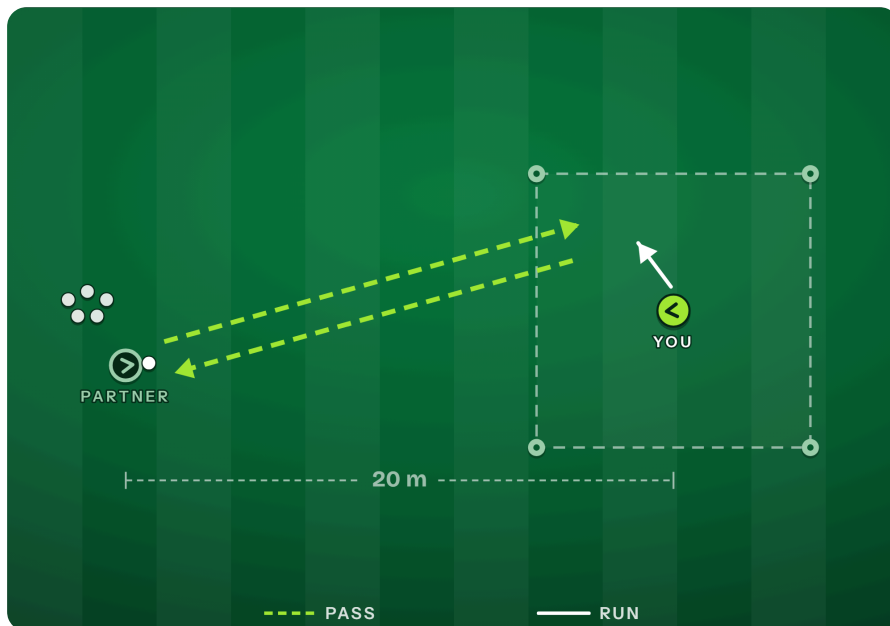




Control the long ball

TECHNICAL & TACTICAL · RECEIVING A LONG PASS ·

2 PLAYERS (YOU, AND A PARTNER WHO CAN LOFT A PASS) · AGE 17+



Set up

- Warm up first
- A partner, 20 m away
- 4 cones: a 10 m box
- 6 balls (size 5)

Dose

- 3 sets of 6, 1 min rest
- Swap roles after 6

3 sets of 6 each, swapping roles after every 6, with 1 minute of rest: our target, not an FA rule.

What it trains

Bring a long lofted pass under control: read its flight early, move into line and let your chest, thigh or foot give, so it drops in front of you. England Football says most of the work in receiving goes in before the touch.

How it works

- Warm up first. On flat grass, mark a 10 x 10 m box with 4 cones and stand in the middle. Your partner stands 20 m away with 6 balls (size 5).
- Your partner lofts a pass into the box. Lofted, not skied: it should come down to you at chest height or lower.
- Read the flight early, move into line and be set before the ball arrives.
- Control it with your chest, thigh or foot so it drops in front of you, then pass it back along the ground.
- After 6, swap roles. Do 3 sets of 6 each, with 1 minute of rest between sets.

Coaching points

- Move into line early**
Watch the ball off your partner's foot. As soon as you can see where it will come down, move so you are in line with it, and be set before it arrives. Meet it at chest height or lower.
- Let your chest give**
Lean back a little and let your chest give as the ball arrives, so it drops about one step in front of you. On the thigh or foot, meet it and let that surface drop with the ball.

× **Not this:** Standing still and waiting, then stretching for the ball at the last moment. It bounces off you or runs past. Move early and be set before it arrives.

MY NOTES

➤ HARDER

Move back to 25–30 m once 5 of 6 drop dead in front of you, with every pass still arriving at chest height or lower. Or shrink the box to 5 x 5 m.

➤ EASIER

Shorter, lower passes from 10–15 m. Or your partner throws it underarm from 10 m, so it drops at waist height.

🛡️ Safety

- Warm up first, the passer too: long passes load the hip and groin. Flat grass with space all round, never a road.
- Nobody stands where a long ball could land on them: one receiver in the box, everyone else well clear.
- Passes come down at chest height or lower. Chest, thigh or foot only: this drill never uses the head. If a pass is coming in higher, step back and let it bounce first.
- If the ball hits your face or head, or anything hurts, stop and tell your coach or a parent.
- Warm up first. Stop if anything hurts and tell an adult.

📅 Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



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