

COACHING OUTLINE

NAME RON Mc EACHEM

AREA - FULL FIELD

TOPIC - TEACH TEAM/PLAYERS TO SERVE LONG BALLS ACCURATELY

OBJECTIVES - GET ALL PLAYERS TO BE ABLE TO SERVE DRIVEN, LOFTED & BENT BALLS UPON DEMAND

ORGANIZATION/EQUIPMENT

FIELD PLAYERS - 14

GOALKEEPERS - 2

BALLS - 7-10

OTHER EQUIP - 7 BLUE PINNIES / 7 RED

WARM UP

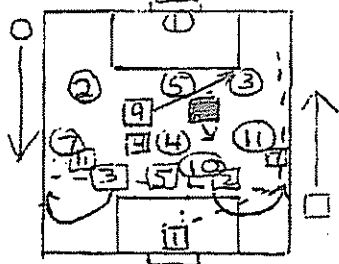
INTERPASSING, HALF FIELD
TO FULL FIELD

COACHING POINTS

4-5 BALLS, BEGIN WITH
SHORT PASSES & PROGRESS
TO LONGER PASSES
COACH OBSERVES. PLAYERS
MAY MAKE TECHNICAL POINTS

COACHING POINTS/ORGANIZATION

EXERCISE 1



1. 1 3 3 1 vs 1 3 2 2

2. ~~1~~ 10 HAS SHOT ON GOAL
GK SAVES & DISTRIBUTES TO
2 OR 3 BENDING/SPRINTING
WIDE TO RECEIVE BALL

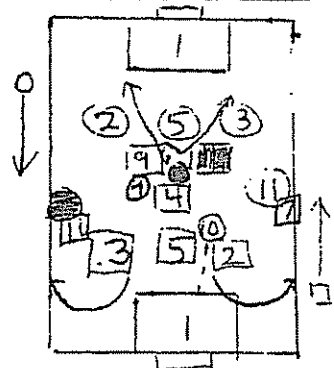
3. FIRST TOUCH SETS UP
OPTIONS TO PLAY LONG PASS
a. TO FORWARD (DIAGONAL)
b. TO OPP. BACK

4. BODY POSITION/ANGLE TO BALL

5. TYPE OF SERVICE

6. PLAY BACK TO COACH AS OWN BALL

EXERCISE 2



1. 1-3-3-1 vs 1 3 2 2

2. 10 SHOT ON GOAL, BACKS
BEND WIDE & RECEIVE BALL

3. OPTIONS CLOSED & PLAYS
INTO 4 WHO CHECKS TO BALL

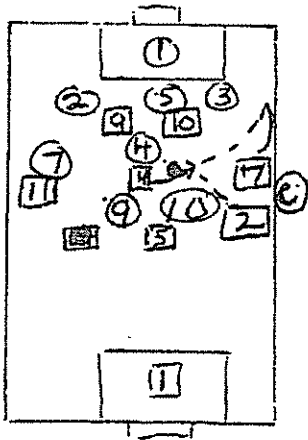
a. 1st TIME BACK TO 2 OR 3
& SERVICE (BENT/DRIVEN)
TO 4 OR 3

b. 4 DRAWS OPPOSING 4 TO
SIDE, SPINS & SERVES TO
1, 11, OR 12

c. DOUBLE SPIN & SERVICE

4. SELECTION OF SURFACE, BODY
POSITION, FACE/BACKSPIN ETC

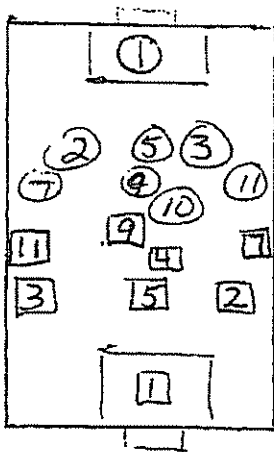
EXERCISE 3



COACHING POINTS

- 1-2-3-2 vs 1-3-2-2
- BALL STARTS WITH PASS FROM ② TO ④ WHO HIT IT TO ⑦ WHO
a. SERVES EARLY CROSS
b. |V| vs ③ & CROSS
- SELECTION OF SURFACE
BODY POSITION, DRIVEN
LOFTED OR BENT SERVICE
- BALL PLAYED BACK TO
COACH AS O WIN BALL

EXERCISE 4



FINAL GAME

1-3-3-1 vs 1-3-2-2
FREE PLAY