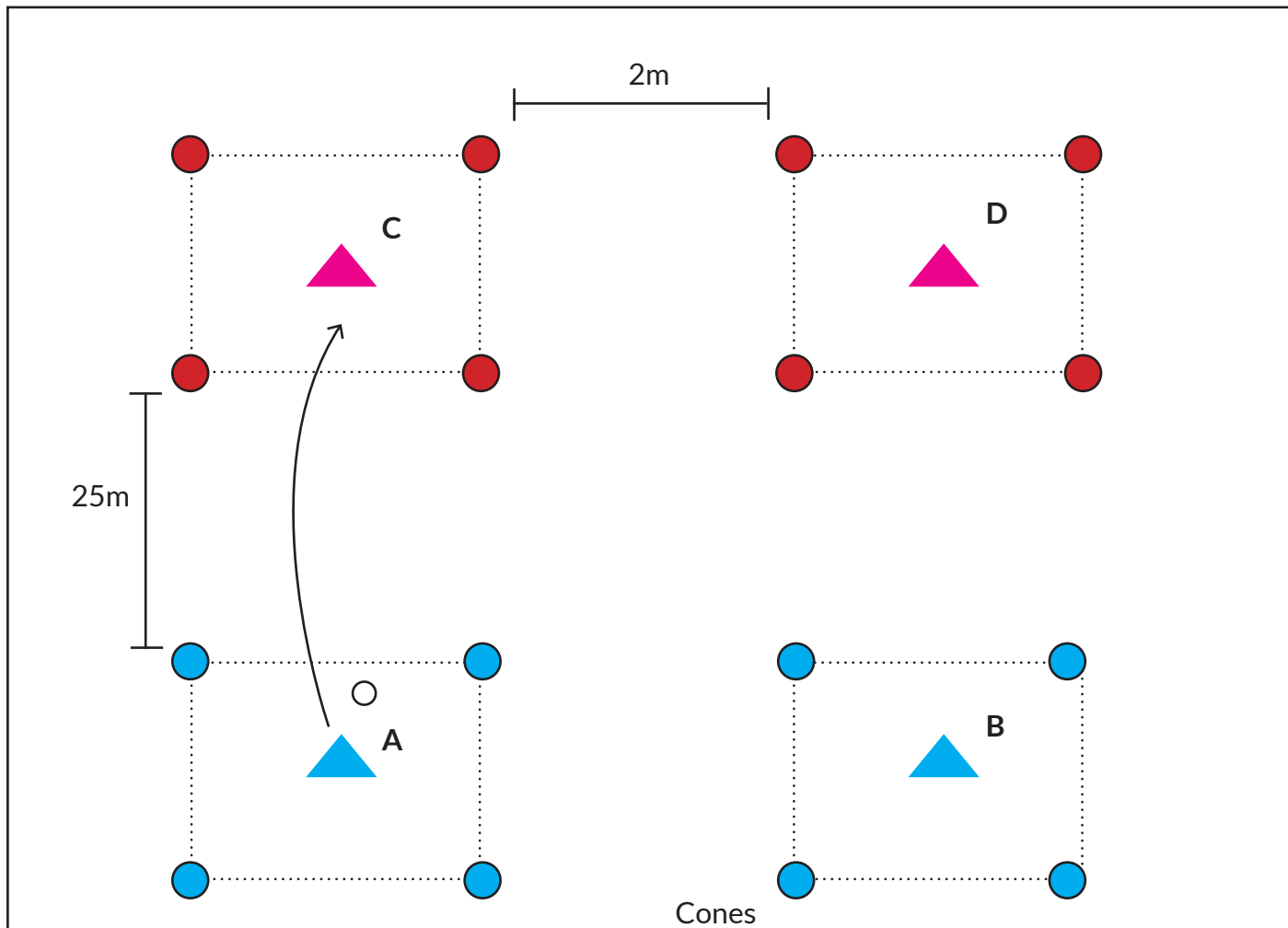


Long Range Passing



Drill

- + A passes to C along the ground and gets a point if the ball runs through the front cones
- + C returns to A and gets a point for the same
- + Continue for 20 passes each and see who has the best score
- + (P_1) A plays an aerial pass to C and gets a point if the ball lands in the square, no bounce
- + C returns to A in the same style
- + (P_2) Aerial passes continue but the receiver can also get a point if they can control without the ball touching the ground and keep it up for three touches
- + (P_3) Player pops ball up and volleys the pass, again, a point if it lands in the square

Coaching Points

- + Strike through the ball, focus on follow through and technique
- + Adjust your body to receive using small movements on the balls of your feet