

# 3 - Long Passing

Passing the ball with the instep (laces) is obviously much harder than the push pass and young players are likely to be hit-and-miss for some time. Getting the ball in the air will be difficult for younger ones in particular and additional practice away from formal sessions will be needed.

A common fault is to tense the leg muscles in order to try to hit the ball really hard. This slows down the kicking action and delivers less power to the ball. Get the players to relax and swing through the ball. Ensure the squad is well warmed up to avoid straining hamstrings and quads. Check that players have the correct size of ball for their age. When possible organise groups so players who are getting success do not get too frustrated by being paired with less able players.

As players begin to get success driving the ball begin to introduce lofted passing. In both instances focus on good technique before distance or height.

## Coaching Points - Observe the following details:

### Driven Pass

- ✓ Have they looked up? It is important to have a good visual image of where the intended target is
- ✓ If possible get eye contact with target player and/or an arm signal. Are they ready to receive the ball?
- ✓ Make sure they get the ball at a comfortable distance out from feet and at a slight angle
- ✓ For a driven pass make sure the standing foot gets right up beside the ball with an open relaxed back-lift
- ✓ They must get over the ball and stay focused on the ball: make sure the head stays steady
- ✓ To drive the ball low and flat the ankle must be kept extended, suggest they “*scrunch their toes*”
- ✓ Make sure the ball is struck with the instep (laces) and that the ankle stays extended throughout
- ✓ Observe the point of contact : horizontal mid-line and vertical centre line so it goes straight and low
- ✓ The player should follow through down the line of the ball
- ✓ For more power - lead with the opposite shoulder and arm and drive through to land on kicking foot

### Lofted Pass

- ✓ To lift the pass the standing leg is planted further back, contact should be with the bottom half of the ball
- ✓ Unlike the driven pass encourage the player to lean back slightly as they strike the ball
- ✓ The follow through should sweep upwards to add lift to the pass

## Useful Drills

3	Zig-Zag	36	Half Way
17	Long Ball	47	Double Dutch
18	Hi Ball	71	Combinations
30	Mixed Passing		
31	Quarters		
32	Beckham		
33	Quads		
34	Knock-down		