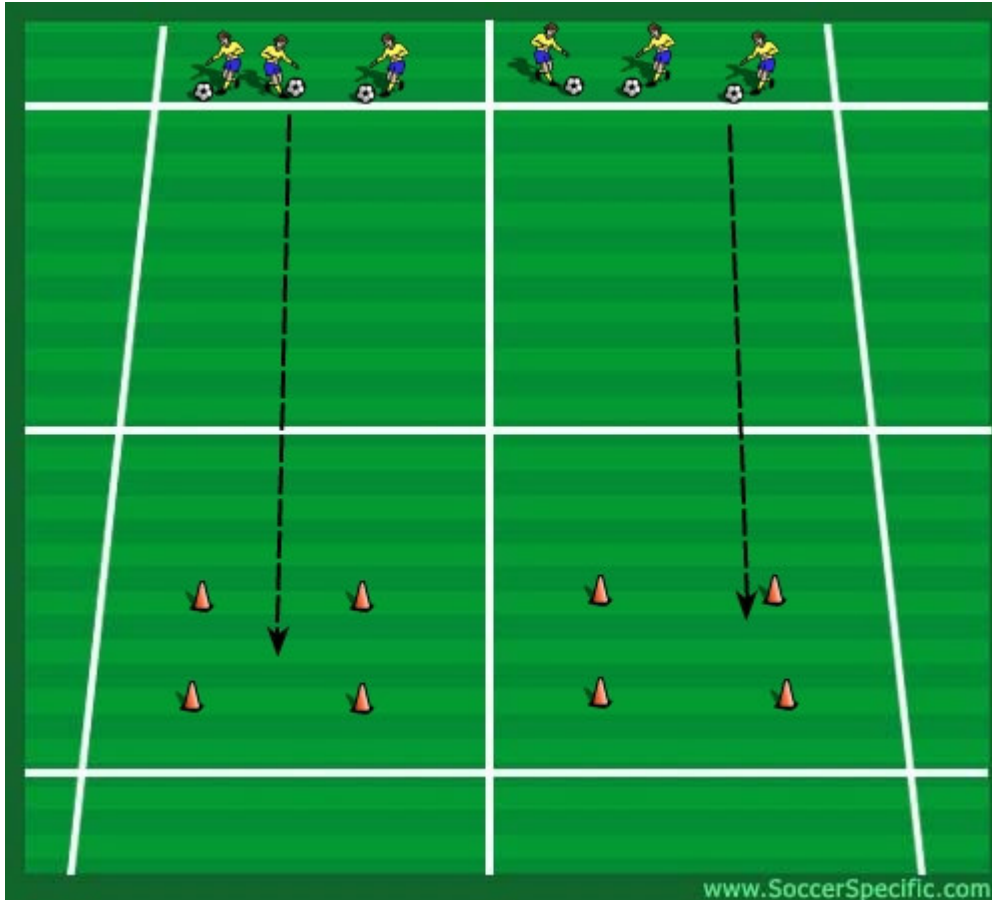


Weight the Pass

Emphasis: Executing passes with the correct weight.



Set-up:

10 x 20 yard grid. 3-4 players per grid. One ball for each player. Cones are placed to create a 3 x 3 yard target area at one end of the grid as shown.

Objective:

Players must attempt to pass their ball with the correct weight into the target area. Points are awarded for each pass that comes to rest in the target area. Players must pass their ball from behind the line and must use the inside of their foot. Players must quickly get their ball to continue the sequence. Play is for a designated period of time or for a predetermined number of goals.

Progressions:

(1) Introduce a competition format – first team to 15 points wins.

Coaching Points:

- Lock the ankle with the toe slightly pointed up.
- Non-kicking foot must be placed in line with the target.
- Follow through and adjust the weight as necessary.