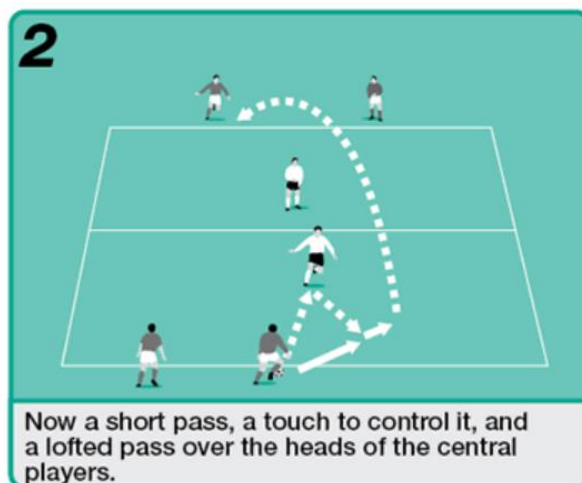
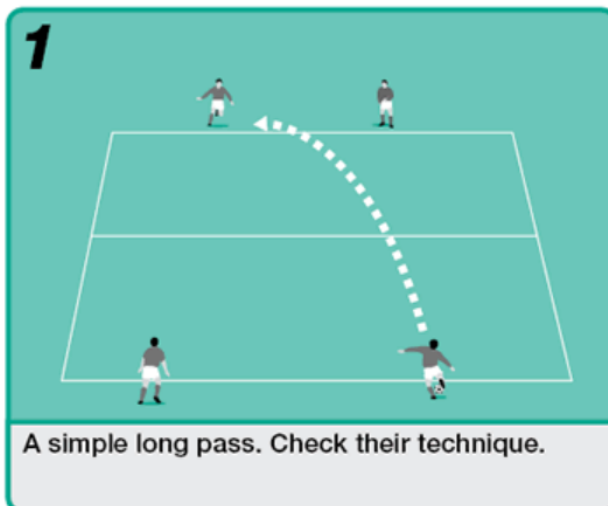
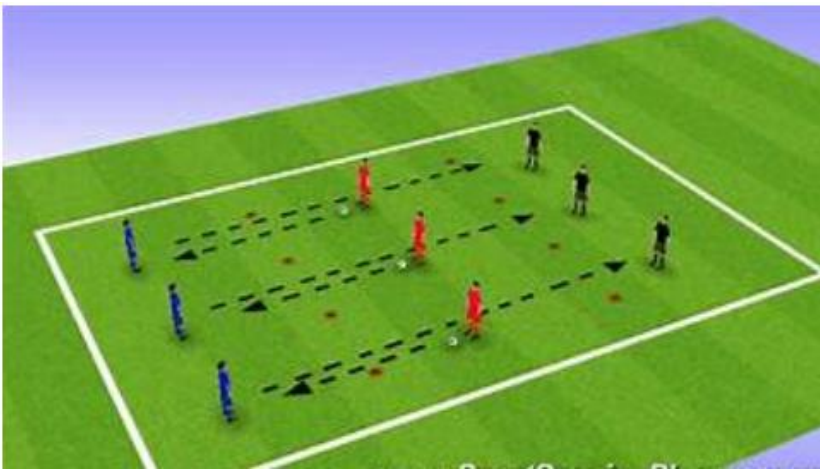
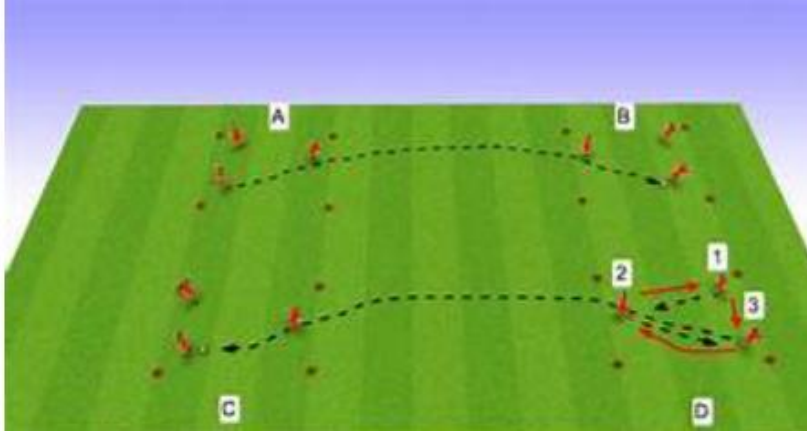


LONG PASSING

Tips for long-passing technique:

- Angled approach.
- Lean back slightly.
- Strike with the laces.
- Strike bottom half of the ball and a vertical line that bisects it.
- Firm ankle, extend the kicking foot.
- Sweep through and across the ball.
- Non-kicking foot diagonally behind the ball but not immediately next to it.
- Head steady.





LONG PASSING SOCCER DRILLS

- Instruct the players to find a partner, or partner them up yourself, with one soccer ball.
- Place cones 20 - 30 m/yd apart, and position players at the cones ...
- If the players are struggling making long passes, shorten the distance where the passing in the air will be comfortable for the players.