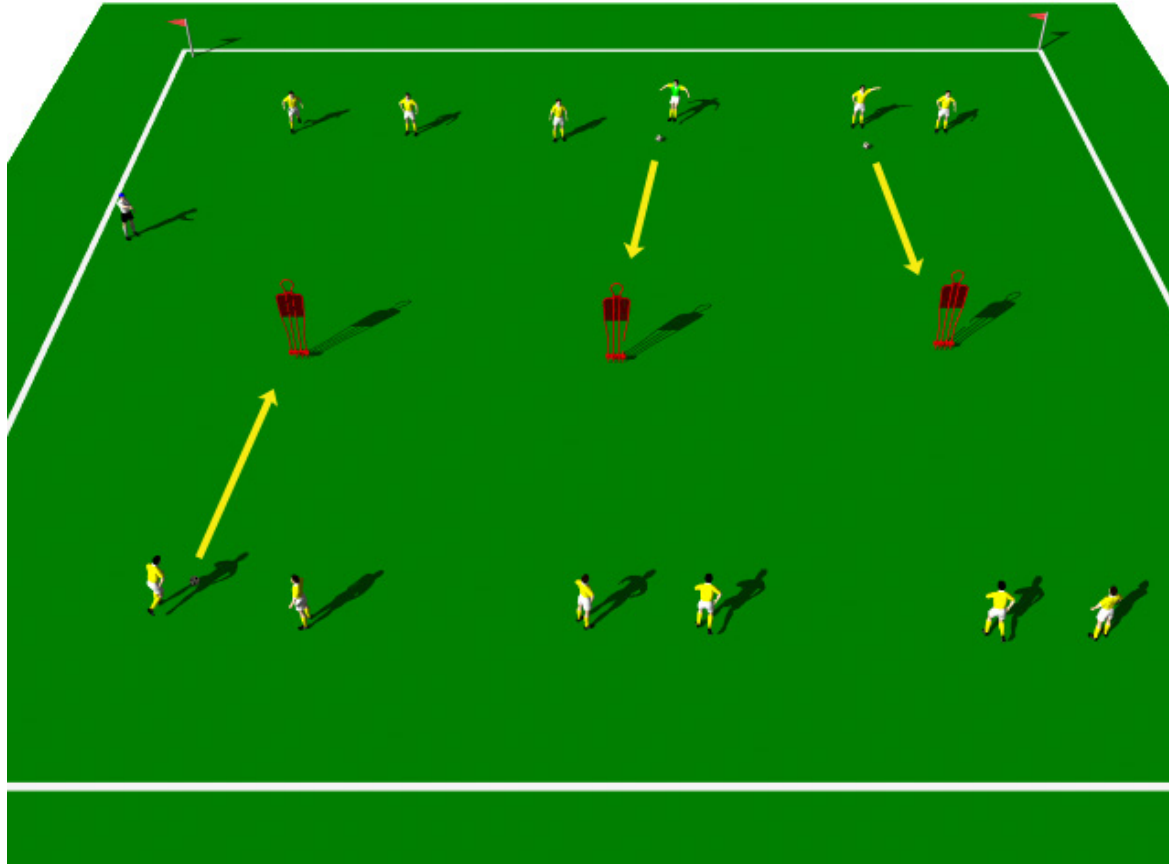


The Driven Pass Drill



Objective of the Practice:

This practice is designed to improve long range passing techniques. It is a fun and challenging exercise that player thoroughly enjoy.

Coaching Points:

Players challenge each other as teams, 2 players per team. Object is for the player to pass the ball, using the "Driven Pass" and try to hit the mannequin. Alternate players passing each time. First team to hit mannequin 5 times wins. Challenge other teams.

Step One: Approach the ball at a slight angle. This will assist the natural swinging motion of the kicking leg. The head should be kept steady and eyes fixed firmly on the ball. The head weighs approximately 10 pounds, so any unnecessary tilting of the head will affect the whole balance of the body. The non-kicking foot should be placed along side and slightly in front of the ball.

Step Two: Contact on the ball with the kicking foot should be made through the horizontal mid-line of the ball. The kicking foot should be fully extended down, and the ball should be struck with the laces of the boot. The follow through should be made through the center of the ball and continue in the direction of the intended target.

Field Preparation:

4 players, Balls, Mannequins are positioned 25 yards from players.