



Long Pass Drill

A progression of other foundation passing drills, where the aim is to reinforce the idea that when defenders are compressed in and around the ball wider attackers have a window of opportunity - if they can get the ball! The object also is to prevent or at least slow the 'slide'.

In this drill, "A" attacker has to release quickly for attacker "B" to execute the pass to the "D" support player. Player "C" runs an in line.

On 'go' the defenders slide out quickly in attempt to get to the "D" attacker. At first just practice the skill of hitting the winger quickly. Then progress to all options – including any of the runners obviously depending on the movement of defenders. Exploring an 'unders' line (or "C" switching inside "B") also can be used to stop the sliding defenders.

Equipment	
	4
	1

