



LONGEST SHOT GAME

DRILL SPECS:

Drill Theme: Passing

Field Location: Anywhere

Time Needed: 5-10 Min

Drill Style: Game

Field Position: All

Skill Level: Basic, can be progressed

OBJECTIVE:

This objective of this simple game is to help players to be able to understand the concept of extending their arms away from their bodies in order to learn proper passing form, in a fun, athlete-development aligned manner. We recommend asking players, "Can you try to reach the goal in the air, or with one bounce." By using guided learning, the players will work to figure out the best way to use their body and stick to accomplish the goal.

DRILL DESCRIPTION:

- Have each player stand with a ball at varying distances to a fixed target.
- Each player will work to achieve the goal set by their Coach during the guided learning phase.

DRILL PROGRESSIONS:

By increasing the distance to the goal, Coaches can identify and correct any technical issues their players may be experiencing. This game can also be progressed to have a competitive, fun time with older players.

Introduce space (distance) and time constraints to progress the game and to control the pace of the activity. Keep score and/or play to a desired number of repetitions to promote competition.

DRILL DIAGRAM:

