

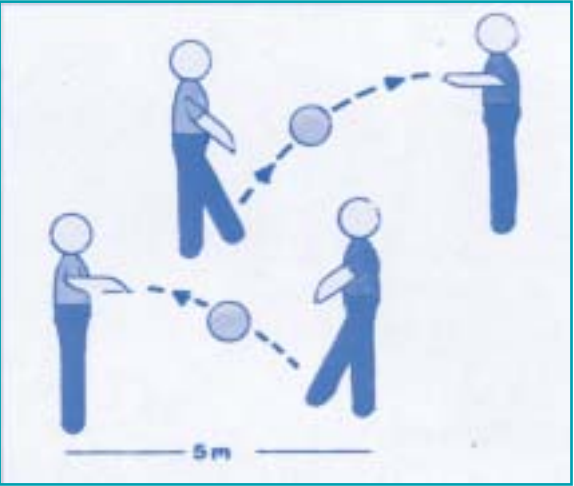
**KICK PASS – CROUCH LIFT**

**SKILL DRILLS**

**KICK PASS TO PARTNER**

Stand 10m apart. Kick the ball to your partner's chest. Partner attempts different catches and repeats.

Alternate legs. Bring the students together if they experience difficulty with the weaker leg.



**10-UP KICK PASS**

Stand with partner 5 m apart and kick for partner to catch. Set a target of 10 successful catches for each pair.



**CROUCH LIFT**

In a circle formation, while moving around, each player in turn crouch-lifts the ball and replaces carefully for the next player to repeat. Alternate moving in a clockwise and anti-clockwise direction.

Use leg to lift the ball into cupped hands in front of ball. Try jogging.



**CROUCH-LIFTING MOVING AWAY**

A runs out and rolls ball along ground in front and then crouch-lifts it and fist passes to B. A then awaits turn behind D, B repeats, etc.

Encourage players to crouch-lift and fist pass with the weaker leg and hand.



**CROUCH-LIFT ROLLING BALL**

Pairs stand 1m apart in a circle or square formation. While jogging around, one player gently rolls the ball in front of partner for him/her to crouch lift.

Place supporting leg well in front and to side of the ball. Lift ball with other leg into cupped hands.