

Shoulder Pass

Why and when?

A dynamic pass that is used to throw over longer distances. It allows play to switch quickly and find players in space.

Teaching points

- 1. Stance:** Stand with feet shoulder-width apart, opposite foot to throwing arm slightly forward.
- 2. Grip:** Hold the ball with one hand above the shoulder, supporting with the other hand if needed.
- 3. Preparation:** Spread fingers behind the ball and bring it to shoulder height.
- 4. Execution:** Push the ball forward, transferring weight from back foot to front foot.
- 5. Follow Through:** Extend arm fully, finishing with hand and shoulder towards the target.

