

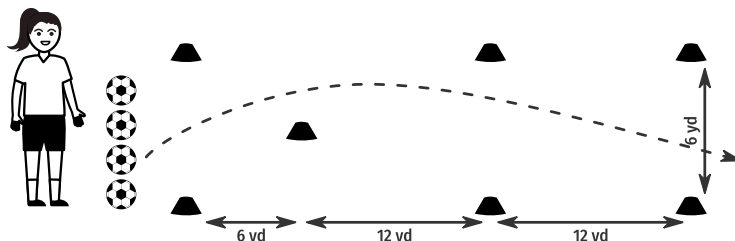
Pass Long

7 Cones, 4 Balls

Date: _____

Referee: _____

OBJECTIVE: Pass 4 balls past target in 30 seconds.



A	Between cones
B	NA
C	Hits cone or over cone
D	Miss
E	No pass

Rules

1. Pass stationary ball from behind starting cones.
2. Ball must pass through last pair of cones in air.
3. Pass 2 Right-footed & 2 Left-footed.

Exceptions

1. U8: Ball must pass through 1st pair of cones in air.
2. U6: Ball must pass over 1st cone in air and land between sidelines.

SportTech IQ™

#	PL.#	Player Name	Age	Right Foot					Right Foot					Left Foot					Left Foot				
1.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
2.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
3.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
4.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
5.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
6.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
7.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
8.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
9.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
10.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
11.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
12.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
13.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
14.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
15.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
16.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
17.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
18.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
19.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
20.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
21.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
22.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
23.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
24.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
25.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
26.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
27.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
28.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
29.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E
30.				A	B	C	D	E	A	B	C	D	E	A	B	C	D	E	A	B	C	D	E