



User Information

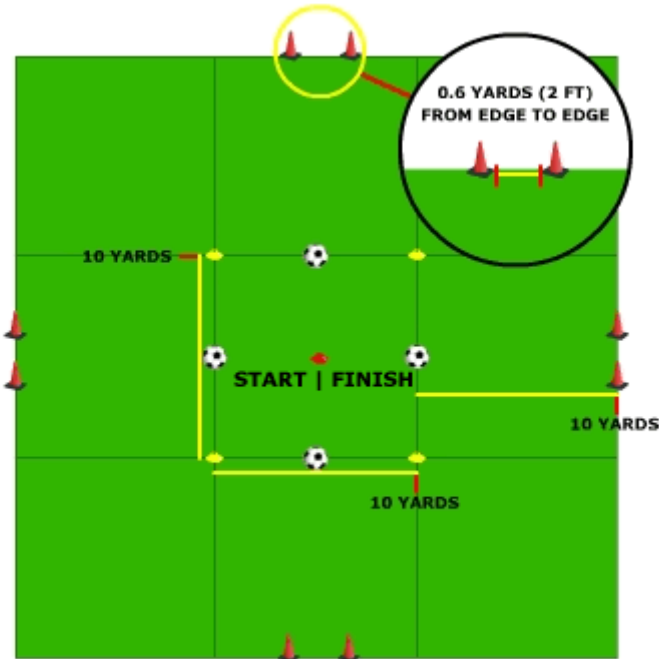
member name:  
 member type:  
 member level:

Date:

club name:  
 position played:  
 country:

### Passing Short




Measurement/Organization



Number Of Players

 1 Player(s)
  1 STR(s)
  0 Server(s)

Equipment

 x 4
  x 8
  x 4  
 x 1
  x 1
  x 0

Objective

To pass 4 balls through their specified goal in the quickest time.

Rules

1. The start position is next to the red cone in the middle of the 10 yard square.
2. The player cannot start until the Skill Tester Referee (STR) calls go!
3. Each ball must be passed through it's set of cones without touching them.
4. A 5 second penalty is added to the final time if the ball hits a cone.
5. A 10 second penalty is added to the final time if the ball misses the goal completely.
6. The STR stops the clock when the player touches the middle red cone.
7. Record time.

Tips

1. Be on your toes ready for a quick start when the STR calls go!
2. Approach the ball with the non-kicking foot placed alongside the ball.
3. Your upper body and head should be over the ball to provide control and stability.
4. Use the inside of the foot to pass through the middle of the ball.

For coaching points and tips see The Side Pass animation and video demonstrations.

### RECORD TIME

TIME BEFORE PENALTIES      PENALTY SECONDS      FINAL TIME  
 +  =