# The best way to practise the long pass

## By Tony Carr

## Move the ball before you kick it

In a soccer match, the ball is moving when you receive it so when you practise your long kicking, make sure you move the ball to make your kicking practise more match-like.

This is the technique you need to teach your players for long kicking:

* Push the ball to the side, slightly in front of the body.
* Put the non-kicking foot next to the ball
* Kick through the centre of the ball.

## http://www.bettersoccercoaching.com/images/BSC186a.gif

## Key coaching tip

To kick it long along the floor, you don’t need to follow through after striking the ball. Instead, strike it sharply and stop your follow-through just after hitting it.