

DRILL

KNEE THROW



SKILL

PASSING

EQUIPMENT

CONES, FOOTBALLS

OBJECTIVE OF THE DRILL

TO TEACH THE PROPER FUNDAMENTAL OF PASSING THE FOOTBALL

SETUP AND EXECUTION

1. PARTNERS THE PARTICIPANTS UP AND HAVE THEM FACE EACH OTHER STARTING ABOUT FIVE YARDS APART ON A KNEE
2. PASS THE BALL BACK AND FOCUSING ON GRIP AND MOTION

COACHING POINTS

1. GRIP
 - a. Index finger near tip
 - b. Middle and ring finger across the laces
 - c. Pinky at the laces
 - d. Thumb on panel below
2. BRING FOOTBALL TO CHEST WITH BOTH HANDS
3. ROTATE TORSO ABOVE THE HIPS TO THROWING SIDE
4. REMOVE NON-THROWING HAND FROM BALL
5. BRING THE BALL BACK WITH ELBOW BENT TO EAR LEVEL
6. TRANSFER WEIGHT USING HIP ROTATION, SQUARE TO THE TARGET
7. WHEN RELEASING, SNAP WRIST, FOLLOW THROUGH WITH ARM EXTENDED AT THE TARGET
8. ARM SHOULD "RIP" ACROSS THE BODY DIAGONALLY, PALM AND THUMB OF THE THROWING HAND FACING DOWNWARD

