

# PASSING

Within each skill is a progression that provides steps to help athletes perform and coaches to teach that skill. The Passing skill is broken down into four Skill Elements: Pre-Pass Position, Posture, Throwing Mechanics and Finish. Within each core Skill Element are detailed Key Performance Indicators (KPIs) that help coaches see where the athlete excels and where more work is needed. These are listed in each box in the chart and broken down by age.



	PRE-PASS POSITION	POSTURE	THROWING MECHANICS	FINISH	FITNESS
<b>5+</b>	<b>Grip</b> <ul style="list-style-type: none"> <li>• Fingers on laces</li> <li>• One finger of space between palm and ball</li> </ul> <b>Base</b> <ul style="list-style-type: none"> <li>• Feet shoulder-width apart</li> <li>• Weight on instep</li> <li>• Hips inside heels</li> </ul>	<b>Neutral Posture</b> <ul style="list-style-type: none"> <li>• Slight bend in the knees</li> <li>• Slight forward lean</li> <li>• Weight on the instep</li> <li>• Lead shoulder pointed at target</li> </ul>	<b>Fluidity</b> <ul style="list-style-type: none"> <li>• Throw the ball in a single, fluid motion</li> <li>• Use proper arm path</li> </ul>	<b>Balance</b> <ul style="list-style-type: none"> <li>• Front foot flat on the stride</li> <li>• Back foot finishes even with or slight behind the front foot</li> <li>• Stability in the finish</li> </ul>	<b>Agility:</b> <a href="#">Unified Fitness Kit Cards - Sprint + Backpedal</a> <b>Endurance:</b> High 5 - Sideways Sliding <b>Flexibility:</b> High 5 - Cat/Cow <b>Strength:</b> High 5 - Hand Pushes + Supermans
<b>8+</b>	<b>Grip &amp; Base, plus:</b> <b>Ball Carriage</b> <ul style="list-style-type: none"> <li>• Ball properly secured in both hands</li> <li>• Arms relaxed at the sides of the body</li> <li>• Ball centered at the sternum</li> </ul>	<b>Neutral Posture, plus:</b> <b>Hips</b> <ul style="list-style-type: none"> <li>• Hips dropped</li> <li>• Load through the hips</li> <li>• Slight forward lean</li> </ul>	<b>Fluidity, plus:</b> <b>Symmetry</b> <ul style="list-style-type: none"> <li>• Hands and elbows mirror each other during separation</li> <li>• Horizontal “L” to vertical “L”</li> <li>• Elbow even with or slightly below shoulder</li> </ul> <b>Separation</b> <ul style="list-style-type: none"> <li>• Hands break equal and opposite each other</li> <li>• Hands break at horizontal “L” angle</li> </ul>	<b>Balance, plus:</b> <b>Deceleration</b> <ul style="list-style-type: none"> <li>• Front toe to the target</li> <li>• Don’t over rotate the upper body</li> </ul>	<b>Agility:</b> <a href="#">Unified Fitness Kit Cards - Hoop Running + Square Drill</a> <b>Endurance:</b> High 5 - Two Foot Jumping + One Foot Hopping <b>Flexibility:</b> High 5 - Warrior 1 + Warrior 2 <b>Strength:</b> High 5 - Dead Bugs + Frog Squats

**Note:** Please make adaptations where and when as needed for these activities.

**LOOKING FOR MORE SKILL INSTRUCTION & DRILLS?**

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	PRE-PASS POSITION	POSTURE	THROWING MECHANICS	FINISH	FITNESS
10+	<b>Grip, Base &amp; Ball Carriage, plus:</b>  <b>Drops</b> <ul style="list-style-type: none"> <li>• Maintains proper grip and base while taking 1- and 3-step drops</li> <li>• User proper footwork</li> <li>• Cross-plant-throw</li> </ul>	<b>Neutral Posture &amp; Hips, plus: Cleats in the Grass</b> <ul style="list-style-type: none"> <li>• Hips inside the heels</li> <li>• Weight on the instep</li> <li>• Maintain posture in drops</li> </ul>	<b>Fluidity, Symmetry &amp; Separation, plus:</b>  <b>Release</b> <ul style="list-style-type: none"> <li>• Nose of the ball up</li> <li>• Front shoulder rotates</li> <li>• Hips rotate</li> <li>• Elbow leads</li> <li>• Thumb to ground</li> </ul>	<b>Balance &amp; Deceleration, plus: Stabilize</b> <ul style="list-style-type: none"> <li>• Thumb to pocket</li> <li>• Hips square to target</li> <li>• Back foot finishes even with or slightly behind front foot</li> <li>• Don't lock out front knee</li> </ul>	<b>Agility:</b> <a href="#">Unified Fitness Kit Cards - Zig Zag + Hoop Fast Feet</a>  <b>Endurance:</b> <a href="#">Unified Fitness Kit Cards - Front to Back + Side to Side with Stationary Jump Rope</a>  <b>Flexibility:</b> <a href="#">High 5 - Upward + Downward Dog</a>  <b>Strength:</b> <a href="#">Unified Fitness Kit Cards - Standing Leg Lifts</a>
12+	<b>Grip, Base &amp; Ball Carriage &amp; Drops</b>	<b>Neutral Posture, Hips &amp; Cleats in the Grass, plus:</b>  <b>Footwork</b> <ul style="list-style-type: none"> <li>• Maintain posture while on the move</li> <li>• Rollout left and right</li> </ul>	<b>Fluidity, Symmetry, Separation &amp; Release</b>	<b>Balance, Deceleration &amp; Stabilize</b>	<b>Agility:</b> <a href="#">Unified Fitness Kit Cards - M Sprints + Wide and Narrow</a>  <b>Endurance:</b> <a href="#">High 5 - Windmills + Elbow to Knee Touches</a>  <b>Flexibility:</b> <a href="#">High 5 - T Rotations + Arm Swings</a>  <b>Strength:</b> <a href="#">High 5 - Hip Bridges + Unified Fitness Kit Cards - Monster Walks</a>

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