**The David Beckham Academy**

**Long Pass**

**Picking out a team-mate on the other side of the pitch is a top skill to practise. Use your judgement and look around you to see if the long pass is the best option. Is there an easier, shorter ball?**

**A decent long pass will get defenders in a spin and can quickly turn defence into attack. Keeping your eyes firmly on the ball, lean back slightly and strike it on its lower half. This will give the ball elevation and pace. Long passes are spectacular when they come off, but can be tricky.**