

Training the Perfect Pass

By Hall of Famers, Dr. Don Shondell and Steve Shondell

1. Posture

- A. Before the whistle
- B. After the whistle

2. Hop and Lock

- A. Finish how you started
- B. Feet plant- hands lock
- C. Track to the black
- D. Lock 45.
- E. Lock and lift 85
- F. Hold Angle

3. Angle Passing

- A. Heal- toe relationship
- B. Angle the ball-Angle the feet.
- C. Lock left- angle right
- D. Lock right-angle left
- E. Finish in midline
- F. Hold Angle

4. Three Step Movement Patterns

- A. Left
- B. Right
- C. Back diagonal left
- D. Back diagonal right
- E. Forward
- F. Backward

5. Shuffle Thru's

- A. Left
- B. Right
- C. Back diagonal left
- D. Back diagonal right

6. 1- leg pass

