



Passing

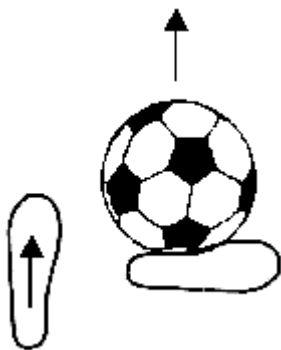
Teaching Passing

1. Make eye contact with the intended receiver. This is the starting point for successful passing.
2. Go through the technique with an imaginary ball first to correct the action.
3. Ask player to bend their knee when passing.
4. Place the player's foot on the ball, so they know what part of foot to contact the ball with.

Coaching Tips

- ☐ Always begin teaching passing with the side of the foot.
- ☐ Have the receiver stand close, then as the passing gets better, move further away.
- ☐ The inside of the foot can be used for short push passes. The ball is struck firmly, with the foot following through in the direction of the intended receiver.

Teaching the Inside-of-Foot "Push" Pass



1. "Square up" so player, ball and target are in a straight line.
2. Place "plant foot" about four inches from the side of the ball, pointing toward the target. The direction the plant foot points is important, because that is the direction the hips will face.
3. Head is over the ball, eyes looking down, both knees slightly bent.
4. Teach proper motion by first having the player place his/her striking foot flat against the back of the ball, about five inches above the ground, then push the ball toward the target, following through toward the target. This is a push and follow through, not a jab. Think of a tennis serve. However, jabbing a one-touch pass is okay.
5. Be sure ball contact is with toes pulled up (i.e., foot parallel to the ground) and the ankle locked.
6. Make contact with the arch, below the ankle bone, and follow through toward the target so the ball has top spin.
7. Have player do the same, except start one step back from the ball — player, ball and target are in a straight line. This step provides power to the pass. If the pass goes into the air, it means it was struck too low.



Skill Progression

- ☐ Squares up, so that ball, player and target are in a straight line.
- ☐ Makes eye contact with intended receiver.
- ☐ Places kicking foot flat against back of ball.
- ☐ Pushes ball with kicking foot and follows through in direction of intended receiver.
- ☐ Bends knees when kicking.
- ☐ Knows which part of foot to contact the ball with.
- ☐ Makes ball contact with the toes pulled up, foot parallel to ground and ankle locked.

Passing Faults & Fixes

Error	Correction	Drill/Test Reference
Frustrated player not receiving any passes.	Players put themselves in a good position to receive a pass and call for the ball.	Encourage players to move around on the field when they do not have the ball.
Ball goes in the air.	Show player the correct contact of ball.	Make contact with ball higher.
Player stumbles after kick.	Show player the correct contact of ball.	Make contact with ball lower.
Ball goes to the side of teammate.	Striking foot not square to balancing foot.	Correct stance of player.