

### Passing

The choice of which pass to use is generally indicated by the level of pressure from an opponent and the ability of the player making the pass. Recommendations:

1. U10's and younger and longer distance passes = top of foot
2. No pressure = inside of foot
3. Moderate pressure = inside or outside of foot
4. High pressure = outside of foot

### Passes

#### 1. Top of the foot (instep) pass.

- a. Approach ball directly or at a slight angle.
- b. Support foot is placed alongside ball with the toes pointing toward the target.
- c. Strike the ball with the instep (where you tie your shoe) by extending the lower leg - straighten the kicking leg.
- d. Head steady, eyes looking at the ball at the moment of contact.
- e. Follow through towards the target by the body momentum - go toward the pass.

#### 2. Inside of the foot pass

- a. Approach ball directly and look at the target.
- b. Slight hop onto support leg.
- c. Support knee is bent.
- d. Support foot is planted alongside ball and with the toes pointing at the target.
- e. Kicking hip opens out at a right angle.
- f. Kicking foot should be in an L shape with the toe pointed slightly up.
- g. Ankle locked as the foot strikes the ball.
- h. Strike the center of the ball.
- i. Head steady, eyes looking at the ball at the moment of contact.
- j. Kicking foot and body follow through toward the target; do not land on the kicking foot.

#### 3. Outside of the foot pass (lead foot pass).

A pass with the outside of the "lead" foot. It is a pass made within the running motion with the forward foot. Because the body and hip do not open it is an excellent technique for disguising a pass – when to pass and where to pass.

- a. Approach ball directly or dribble ball if already in possession.
- b. Place the support foot slightly behind the ball and slightly away from the ball.
- c. Kicking foot is pronated in - toes down and pointed in.
- d. Head steady, eyes looking at the ball at the moment of contact.
- e. Strike ball in middle or on side depending on direction required.
- f. Punching or snapping action of the lower leg motion with little and low follow through – keep running.