

Passing Techniques For Skillful Soccer

KEY COACHING POINTS ON SEVERAL PASSING TECHNIQUES

The **Short Pass**:

1. Plant foot next to the ball
2. Kicking foot turned out toes up, ankle firm
3. Swing leg & make contact with the inside of the foot
4. Swing leg back without kicking foot touching the ground

The **Instep pass** along the ground

1. Plant foot next to the ball with knee bent
2. Kicking foot toes pointed & ankles locked
3. Strike through the center of the ball

The **Lofted Pass** - lifting the ball over a defender to pass or shooting high at goal.

1. Approach the ball at an angle.
2. Long last stride to the ball.
3. Plant foot to the side and behind the ball.
4. Long free leg swing, straightening on contact.
5. Contact the ball with the inside of the instep and a firm ankle.
6. Lean back strike under the ball.

The **Chip Pass** - lifting the ball sharply over opponents for passing or shooting. In a chip shot the ball should rise quickly and sharply, therefore, the relevant points of the lofted pass should be exaggerated to the extent that the weight and body position should be more over the ball and the contact should be lower and sharper by the quick extension of the lower leg with the foot acting like a golf wedge in a stabbing motion to give greater height over less distance.

Bending/Swerving The Ball - curving the ball around opponents in shooting and passing.

1. Contact with the instep to the right of the center of the ball to spin toward the body.
2. Contact with the outside of the foot to the left of center of the ball to spin away from the body.
3. Keep ankle firm

The Low Volley - shooting powerfully or clearing the ball from defense.

1. Judge the flight of the ball.
2. Adopt a balanced position.
3. Contact with the instep (laces) with the toe down.
4. Follow through in the direction of the ball.

A **Side Volley** - shooting powerfully or clearing the ball from defense. As above, exaggerating the balanced position leaning back and to the side of the

ball to allow a long, powerful leg swing. Fix the opposite shoulder on contact to obtain full power.

The **Overhead Volley** - surprise shot with back to goal or desperate clearance from a defender.

1. Judge the "drop" of the ball.
2. Lean back to swing long straightening leg.
3. The "scissor" jump to change legs.
4. Contact as high as possible with a firm instep, following through and falling backwards.

The Short Volley - short pass without the ball touching the ground.

1. Watch the ball dropping.
2. Assume a balanced position on the standing foot with the free leg raised and ready to contact
3. Make quick contact on the instep or inside of the foot with a short swing from the lower leg.

The Half Volley - shooting or clearance kicking.

1. Judge the bounce of the ball - step in to contact as it touches the ground.
2. Contact over the ball with the instep or inside of the foot.
3. Swing and follow through as the ball touches the ground.