

The Correct Technique to be used when Passing

Football passing techniques are vital for keeping possession and controlling the game, and many parts of the foot can be used. The simplest and most accurate method for short distance passes is to use the inside of the foot, which presents a large flat surface to the soccer ball. The instep is used for long ball passing, the heel can be used to pass behind us, and the outside of the foot can be used to pass the ball quickly to the side of us, or to bend the ball to pass it around an opponent. Passing drills are important for sharp, accurate play, and to learn effective use of space.



The simplest and best technique for short passes is illustrated in the picture above. The head is over the ball, the body is well balanced, and the ball is kicked with the inside of the foot which is the flattest part of the foot. Sometimes this technique is used for short-range shots at goal, and even for taking penalties, because of its reliability. The disadvantage is the lack of power. This passing technique is used for short passes and for situations when the ball has to be kept moving when in confined areas of the football pitch. Accurate short passes with supporting runs into space allows a team to keep possession, and build an attack.

Another name widely used for this style of passing is the push pass. Kicking the soccer ball with the inside of the foot is the most accurate method of passing. It is also the easiest passing method a soccer player will learn. The approach of the player to the ball should always be in a straight line behind the ball, not at an angle, where a player can lose balance and accuracy.

The "push pass" should be used mainly over shorter distances because the majority of the power is coming only from the leg striking the ball and not from the entire body. Often players become too comfortable using the inside of the foot to push pass and try to serve balls over longer distances, on the ground, or even in the air, and they are unsuccessful.

Following are several examples of passing techniques a player can use in football.

- **Instep drive (Long ball)**

Kicking "with the laces" is the most powerful method of passing a ball. When using the instep, a player is attempting to pass the ball over longer distances. Here, though, the most common mistakes at all levels come into play; toes not pointed down and/or ankle not locked. The approach should also be slightly angled, allowing the player a full backswing. In addition, the height of the kick will be determined by the player's moving the upper body forward, over the ball. Defenders will often use the instep pass when bypassing the midfield to connect with their forwards. Midfielders will use the instep pass to change the point of attack with a long, powerful pass from one flank to the other. Forwards can use the instep drive when shooting on goal.

- **Lofted pass**

The lofted pass is a skill used in many aspects of the game of soccer. Goalkeepers or defenders use it when taking goal kicks; defenders, on occasion, when clearing a ball out of a danger area. Attackers will use it when crossing a ball, and it also can be used when taking free kicks.

The priority is height; therefore, the player's body position should be leaning away and back from the ball. Also, the instep of the foot, "with the laces," should strike the ball through the bottom half, making it rise. The player should also hit through the middle of the ball to avoid pulling or slicing.

Chipping

Unlike other passing techniques, chipping the ball allows for little or no follow-through. The kicking action is a simple "jab" under the bottom half of the ball with the top of the kicking toe. This pass is more effective over shorter distances because, like the push-pass, little power is generated from the body to the ball. Often, players will use a chip to get over or behind an opponent when other passing alternatives are not available.

Passing is one of the most important skills in soccer. It is a team skill as well as an individual skill. Before you can make a good pass, you need to know where you want the ball to go, and why. You also need to learn where to go to receive a pass.

- **Receiving a Pass**

When another member of your team has the ball, it's important to move to a position where he can pass it to you. You don't want to be behind a player from the other team, or it will be intercepted. You also don't want to be too close to the person with the ball, because the pass will really not help much. It will be easy for

one player from the other team to guard both of you. Try to stay open, and not behind your own teammate. Stay even with them, so the pass can be made slightly ahead of you.

- **Passing With The Outside**

Place the foot you are not kicking with by the side of the ball, with the inside part facing the direction in which you wish to kick. Kick the ball with the outside edge of your other foot, right below your little toe. Be sure your foot is pointing slightly down, with your ankle stiff. Raise your foot off the ground so it is even with the center of the ball. Swing with the lower part of your leg, the part below your knee.