



# ★ RECREATIONAL ★ COACHING CURRICULUM

## PASSING TECHNIQUE - INSIDE OF THE FOOT

Passing the ball is the technique of moving the ball effectively between two players. There are many techniques to pass the ball, however, at the U8 age group we are looking to introduce the concept of passing with the inside of the foot.

### **Best Used**

- Accurate passing over most distances.
- Shooting over short distances.
- Linking the ball during possession.
- Quick free kicks, corners and goal kicks.

### **Technical Breakdown**

- Before passing the ball you must get your eyes up and see your target.
- Approach the ball at a slight angle. If you are passing with the right foot, approach from the left and vice versa.
- Place your non-passing foot to the side of the ball.
- Point the toes of your non-passing foot towards your target.
- Bend the knees of the non-passing foot in order to keep your balance.
- Open your passing foot to the ball, making sure the inside of the foot will make contact with the ball.
- Lock the ankle of your passing foot by point your toes upward and keeping your heel down.
- Eyes on the ball as you pass.
- Pass by striking through the center of the ball.
- After striking the ball, follow through with your passing foot towards your target.
- The hips and shoulders should face the target after passing the ball.

### **Common Mistakes**

- Players foot is not completely open, which affects the accuracy of the pass.
- Toes of the non-passing foot do not point at the target, which affects the accuracy of the pass.
- Toes of the passing foot are pointing down, which affects the contact with the ball and accuracy.
- Ankle of the passing foot is not locked, which affects power and accuracy.
- Follow through is across the body instead of towards the target, which affects accuracy.
- Ball is not struck through the center, which can make the ball rise.
- Hips and shoulders are not facing the target after the pass, which can affect accuracy.