



## **Fusion F.C.**

### **Correct technique and coaching tips for passing a soccer ball**

#### **Side-foot soccer pass;**

- Use the inside of the foot - this area tends to be from the base of the big toe to the central area of the heel.
- Kicking foot should be at 90° to the ball. (Unless you're adding curve/spin to the ball)
- Stomach/belly button should face the player receiving the pass if it is a standard forward pass.
- Non-kicking foot (standing foot) is parallel to the ball.
- Knee and ankle joints firmly held. The weaker they're held the weaker the pass will be.
- Body over the ball. (Not too far, a comfortable feeling of balance over the ball).
- Head steady - eyes on the ball upon impact.
- Arms keep you balanced, none striking side out for balance. (Right footers will have left arm out for balance, Left footers will have right arm out)
- Upon strike, contact should be made through the ball's horizontal mid-line, this will result in the ball staying low. Striking upwards on the mid-line will cause the ball to become aerial.
- Kicking foot follows through towards the target.

#### **Timing of the pass / The weight of a pass;**

There is always a 'when to pass, and how to pass'. The when is the timing of the pass, for example if you pass too early or pass too late then the momentum of a move can breakdown and stall. Some examples of timing a pass:

- If a forward pass is played before an attacker has started their run, the ball could run endlessly out of bounds. This would be a pass that is considered too early.
- If a forward pass is played way after an attacker has made their run, they run the risk of being offside due to the delay. This would result in a loss of possession.
- Delaying a pass could also give the opposition time to block off your intended passing space and/or the passing angle.

The weight of a pass is essential in every pass. How much power/force to put on the ball will give you a huge advantage. Like the timing of a pass, if the weight of a pass is misjudged meaning too heavy or too light, then an attack or phase of play will be broken down and stalled. Simple examples of weight of pass are if the ball is too heavy then your teammate may struggle control/keeping up with ball, whereas if the ball is too light the ball may not make it to your intended target.