

Passing Techniques

Push Pass

The Push pass is the most reliable passing technique over short distances. The player approaches the ball and puts their non-kicking foot to the side of the ball allowing enough space for the kicking foot to swing through the ball. The player's head is facing down eyes watching the ball. The kicking foot is turned outward and locked, the knee slightly bent and contact on the ball is between toe and heel through the center of the ball.

Tips

- Non-kicking foot to point in the direction of where you want the ball to go.
- Keep your head steady. Do not look up until contact has been made.
- Arms relaxed and slightly bent for balance.
- Allow kicking leg to swing through the ball and land back to the side and behind plant foot.
- Allow body to lean slightly back while keeping balanced

Driven Pass / Laces

Driven pass is used mostly for long passes or shots on goal. The player approaches the ball from 30degree angle. The Non-kicking foot is placed beside the ball only inches away. The kicking foot is pointing down with the ankle locked. The foot makes contact with the ball wear the laces of the shoe are. The Kicking leg swings through the ball.

Tips

- Players should run at ball to practice where non-kicking foot lands.
- Keep your head steady. Eyes on the ball.
- Arms stretched out at opposite way (right footed players left arm up and out, right arm down to keep balance)
- Player's body is leaning over the ball (Knee over the ball)
- Contact on ball through mid to upper half will keep pass down.

Lofted Pass

Lofted pass is used for passing over players over long distances. The player approaches the ball from a 30degree angle. The non-kicking foot is placed to the side of the ball but behind the ball. The player's body is leaning back and contact on the ball is made through toes of the foot. The foot comes in at an angle as if chopping the lower half of the ball. The kicking leg continues it's swing through the ball.

Tips

- Players can practice by playing the ball over a goal to give them a visual idea.
- Approach the ball with speed
- Allow body to lean backwards.
- Contact with the ball is bottom middle.
- Allow foot to stay on the ball as long as possible, this will help with the lift.

