



Passing Techniques Week One

Category: Technical: Passing & Receiving

Difficulty: Moderate

Reseller-Club: Premier Users' Club
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Sidefoot Pass

The Passes must reflect those that would be seen in a game so try not to play a deal ball. Take a touch to one side and move with the ball

If no player is available to work with the player can play against a wall

Types of Passes to Work on:

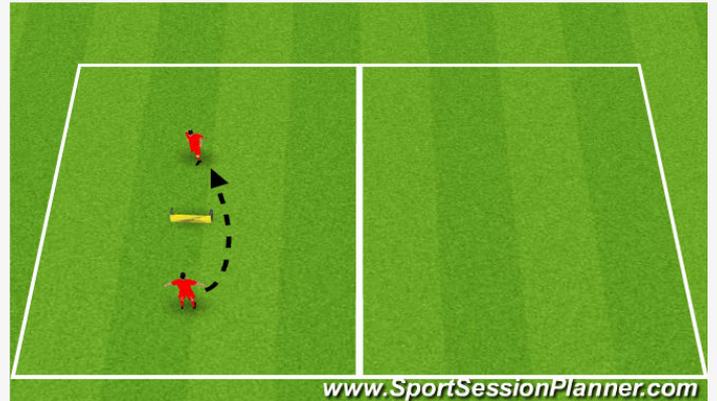
Sidefoot pass with Right and left foot.

Focus on:

Pace of pass

Angle of pass (Generally Curved as shown so can use something to pass around-Cone or Mini Wall)

Vary the distance if you can to work on player understanding how to change the pace on the pass



Driven Pass

Driven pass needs to be played with the laces and is more straight than curved. We can place mini wall or object on either side to create passing lane. The pass should be played with the laces part of the foot, with the standing foot in line with the ball and facing the target to maintain proper balance and posture. With this technique it can test other players ability to control the ball and then play a similar driven pass.

Focus on maintaining balance and working on reasons for off target pass so player can understand what went wrong and correct it.

Change distance and angles to work on ability to understand how to add or take pace off pass.



Lofted Pass

Lofted pass:

Focus on area on ball you make contact with to get elevation on pass over an object or wall

Player should work on pass and amount of elevation needed to get over a player and still allow teammate to receive and move on quickly. This is a dying technique and needs to be consistently worked on to give a player the full arsenal of passes to utilize in a game.

This technique can also be used to go to goal

