

PUSH PASS

Passing is the art of manipulating the ball to a specific area of choice. There is a variety of possible passing styles (*For examples: push pass, instep, volleys, chipping, outside of foot pass, etc.*).

PUSH PASS:

A push pass is the most basic of all passes. In this pass, a player uses the inside of his foot to strike the ball. Because it is the most basic, it is the easiest way for a player to learn to kick a ball with control.



Fundamentals in Push Passes (Inside of foot pass):

- You should approach the ball from an angle, as this will help you gain accuracy.
- The plant foot (foot not striking the ball) will step right next to the ball. This foot will point in the direction the ball will go. This is because the body will swing and get in alignment with the foot's position.
- The striking foot will open up and will make contact in the middle of the ball with the middle of the inside of the foot. Toes up, heel down and ankle locked when making contact with the ball.
- Follow through the kick straight through the ball (raising the knee in the follow through to help keep the ball on the ground).

5 Basic Fundamental Steps

1. Approach
2. Plant foot
3. Swing
4. Contact
5. Follow Through

Helpful Hints:

- Generally, the further back the plant foot is away from the ball the higher the ball will go. (Depending on how you strike the ball).
- When you strike the ball further away from the center (left or right side) the ball's path will bend more.

Always Tips:

- Keep your eyes on the ball all the way through contact.
- The approach and plant foot make for good placement.

INSTEP PASSING

An instep pass is when the ball is passed with the instep of the foot. This type of pass drives the ball to a specific area. This is also known as a '**power shot**'. This pass is utilized when a player wants to shoot the ball like a bullet at the goal. The only difference between the instep and power shot is the amount of power you put behind the ball.



Fundamentals:

Instep Pass:

- Approach the ball from a small angle. The body will be just to the side of the ball.
- Your plant foot will be to the side of the ball and the toe will just cross the ball's plane.
- The striking foot will swing just slightly out with the toes pointing straight down as the laces make contact with the center of the ball.
- Follow through, going straight through the ball... *landing on the kicking foot when shooting!*

5 Basic Fundamental Steps

1. Approach
2. Plant foot
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4. Contact
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Helpful Hints:

- Generally, the further the plant foot is away from the ball the higher the ball will go. (Depending on how you strike the ball).
- When you strike the ball further away from the center (left or right side) the ball's path will bend more.

Always Tips:

- Keep your eyes on the ball all the way through contact.
- The approach and plant foot make for good placement.