**Passing**

The choice of which pass to use is generally indicated by the level of pressure from an opponent and the ability of the player making the pass. Recommendations:

1. U10’s and younger and longer distance passes = top of foot
2. No pressure = inside of foot
3. Moderate pressure = inside or outside of foot
4. High pressure = outside of foot

**Passes**

1. Top of the foot (instep) pass.

a. Approach ball directly or at a slight angle.

b. Support foot is placed alongside ball with the toes pointing toward the target.

c. Strike the ball with the instep (where you tie your shoe) by extending the lower

leg - straighten the kicking leg.

d. Head steady, eyes looking at the ball at the moment of contact.

e. Follow through towards the target by the body momentum - go toward

 the pass.

2. Inside of the foot pass

a. Approach ball directly and look at the target.

b. Slight hop onto support leg.

c. Support knee is bent.

d. Support foot is planted alongside ball and with the toes pointing at the target.

e. Kicking hip opens out at a right angle.

f. Kicking foot should be in an L shape with the toe pointed slightly up.

g. Ankle locked as the foot strikes the ball.

h. Strike the center of the ball.

i. Head steady, eyes looking at the ball at the moment of contact.

j. Kicking foot and body follow through toward the target; do not land on the kicking foot.

3. Outside of the foot pass (lead foot pass).

A pass with the outside of the “lead” foot. It is a pass made within the running motion with the forward foot. Because the body and hip do not open it is an excellent technique for disguising a pass – when to pass and where to pass.

a. Approach ball directly or dribble ball if already in possession.

b. Place the support foot slightly behind the ball and slightly away from the ball.

c. Kicking foot is pronated in - toes down and pointed in.

d. Head steady, eyes looking at the ball at the moment of contact.

e. Strike ball in middle or on side depending on direction required.

f. Punching or snapping action of the lower leg motion with little and low follow

 through – keep running.