

Inside of the Foot Passing Technique

Technique

- Look at the target before passing the ball.
- Approach the ball slight side on.
- Your non-kicking foot should be placed next to the ball (roughly 8 – 10 cm away).
- Knees bent.
- Ankle of passing foot must be locked.
- Toes of kicking foot should be pointing slightly up.
- Heel of kicking foot should be off the ground.
- Strike through the center of the ball.
- Follow through towards the target.
- Look at the ball as you strike it.
- Body leaning slightly forward (keeps the ball low).

Best Used

- Accurate passing over the most distances.
- Shooting over short distances.
- Combined group play.
- Restarts.

Problem Areas

- Passing foot is not straight.
- Ankle of passing foot is not locked.
- Non kicking foot is too close or too far away from the ball.
- Follow through is across the body instead of towards target.
- Ball is not struck through the center of the ball.
- Shoulders not facing the target.