

Outside of the Foot Passing Technique

Technique

- Look at the target before passing.
- Approach the ball straight on.
- Non-kicking foot should be placed next to the ball (roughly 8 – 10 cm away).
- Knees bent.
- Knee over the ball as you strike.
- Toes pointing down on kicking foot and ankle locked.
- 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

- Best surface choice when passing off the dribble.
- Accurate passing over short distances.
- Guiding the ball into the goal when close in.
- Combined group play.
- One touch passing when under pressure.

Problem Areas

- Ankle is not locked when striking the ball.
- Non-kicking foot is too close or too far away from the ball.
- Ball is not struck through in the center.
- Shoulders not facing the target.
- Foot does not follow through to target.