

### **Receiving Ground Passes with the Inside of the Foot**

#### Technique

- Players should always be ready to receive the ball – ‘on your toes’.
- Players should be facing / square to where the ball is coming from.
- Judge pace of the ball.
- Non-kicking foot is used for balance and should be set as you receive the ball.
- Toes should be slightly pointed up on receiving foot.
- Heel of the receiving foot should be off the ground.
- Receiving foot should first move towards the ball, then as the ball arrives cushion it by moving your receiving foot backwards, thus taking the pace of it.

#### Best Used

- Bring the ball under control from a low driven pass or a ground pass.
- Set yourself for passing or dribbling.
- Prep touch for shooting.
- Beating an oncoming / rushing defender.
- Taking you away from pressure / defender.
- Taking you into space.
- Laying the ball off for another player.

#### Problem Areas

- Player does not cushion the ball and it bounces off too far.
- Player is flat footed and is not ready to receive the ball.
- Pace of the ball is underestimated.
- Non-kicking foot does not balance a player when receiving the ball.