

Receiving Ground Passes with the Outside 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.
- Receiving foot should be slightly off the ground.
- As the ball gets close point the toe of the receiving foot inwards, then as the ball strikes the foot guide it into the desired area.
- Pivot off the non-kicking foot.

Best Used

- Turning a defender who is closely marking.
- Set yourself for passing or dribbling after turning.
- Prep touch for shooting.
- 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.