

Fundamental Passing Techniques and Drills

Beginner - do stationary

Intermediate - do with movement (move forward, backward, and side to side)

Advanced - do with speed

Expert - do at full speed

Basic Passes (See the pass in your mind and then make the pass). Square (parallel), Support (back), and Through (into space) are names of passes to learn.



Position 2 inside of foot (right and left)

The most common and accurate pass is with the inside of the foot. Strike the ball with a locked ankle (hammer) in the middle of the ball with your shoulders squared in the direction of your pass. Bring your passing foot back under your body after the pass to maintain your center of gravity and balance. Note: your leg acts like a pendulum in the direction of the pass. I cannot emphasize enough how fundamental an accurate inside of the foot pass is to being a successful soccer player.

There are other passes to learn as the players advance:

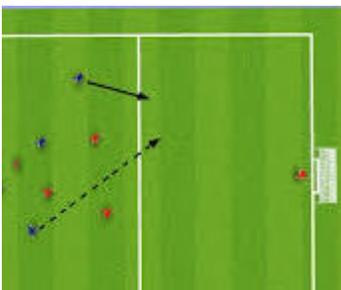
Position 3 Outside of the foot pass or flick and “long in the air” passes like the ones used in a corner kick but 95% or more of all passes should be on the ground either to your teammate or into space for your teammate to run onto using the inside of your foot.

Drills - All drills can be done with 2, 3, and 4 or more people in a variety of ways. You can also add defenders and play keep away.

1) Pass the ball back and forth using trapping techniques and pass back. Focus on Position 2 passes. Do this at short and longer distances always focusing on accuracy. If the ball pops up you need to kick it more in the center of the ball. You can set up cones in between the two players to pass through to improve accuracy.

2) Pass the ball back and forth at short distances without trapping. This is called One Touch passing. Increase distance and speed with experience.

3) Give and go passes (wall passes) - A player passes the ball and immediately moves in to a new space while the receiver of the ball either traps and passes or One Touches the ball into the new space to meet the moving teammate.



4) Passes into space (Through Passes) This variety of pass is extremely effective and more advanced but necessary to understand to become a good soccer player. You pass the ball into an open area of the field so that your teammate can receive it in stride. It requires a combination of the correct speed and direction along with proper teammate communication. Playing Soccer Bocce Ball as a fun drill to teach this skill.