

TECHNIQUE FOR SHORT PASSING

INSIDE OF THE FOOT (SHORT PASSING)

KEY FACTORS

- Eye on the ball.
- Ankle should be firm.
- Foot turned outward, at right angle to the line of pass.
- Strike the ball as near to middle of the ball as possible.
- The non kicking foot should be placed to side of the ball, not too close that it interferes with kicking foot.

Advantage of this technique is good accuracy large contact surface being used.

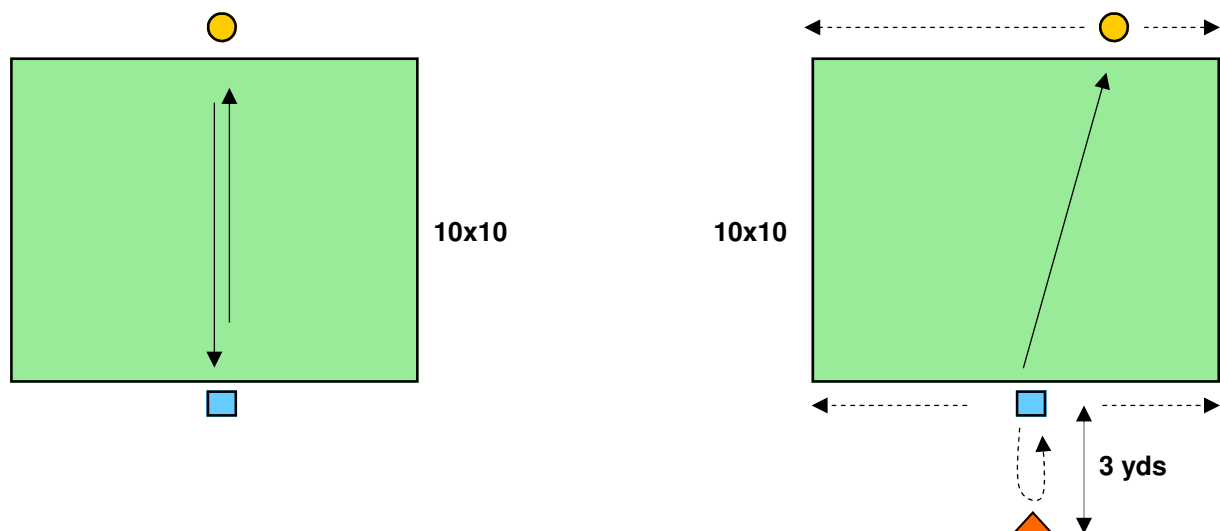
Disadvantages are lack of power, not suitable for passing over long distances and not suitable when running at pace as it affects the stride pattern.

POINTS FOR THE COACH TO OBSERVE

- Observe that players are practising correctly.
- Observe if correct contact with kicking foot is happening.
- Observe position of non kicking foot.
- Observe position and steadiness of head.

Progressions

- Same set up, however this time when one player receives the ball, the other moves along the line, this makes player on the ball get their head up, observe partner and adjust the pass.
- One player working at a time, swap roles at regular intervals, for recovery period. Once player passes the ball they turn, run to marker, then back to receive next pass. This gets players used to having movement after passing, rather than being static.



Short Passing Set Up