

TECHNIQUE FOR LONG PASSING

PASSING THE BALL WITH THE INSTEP (LONG PASSING)

Passing with the instep (laces) is more difficult than with the inside of the foot, and will need to be practiced more.

- **The kicking foot**-toe should be pointing downwards to the ground so that instep makes contact with the ball.
- **The non-kicking foot**-the foot should be alongside the ball, but a few inches away.
- Eye on the ball, keep head steady.

ADVANTAGES

It is easier to disguise your intention and pass that are going to make, making it somewhat harder for the defenders to predict.

Good technique for power and pace and better for long passing and shooting.

It is a technique that can be used on the run, as it does not affect stride pattern to much.

DISADVANTAGE

Because of the small area of the foot that actually contacts the ball, there is more room for error, so therefore it will need a lot practice.

Other Passing Techniques include:-

Low Driven Pass

Lofted Pass

Chip Pass

Volley Pass

Swerved Pass (Inside and Outside of foot)

This technique is much neglected, and will require patience.

To start, players play ball out of their feet and pass ball through the cones, to the player at the opposite end.

Once players have achieved a level of success then look work on different starts.

Progression (i)

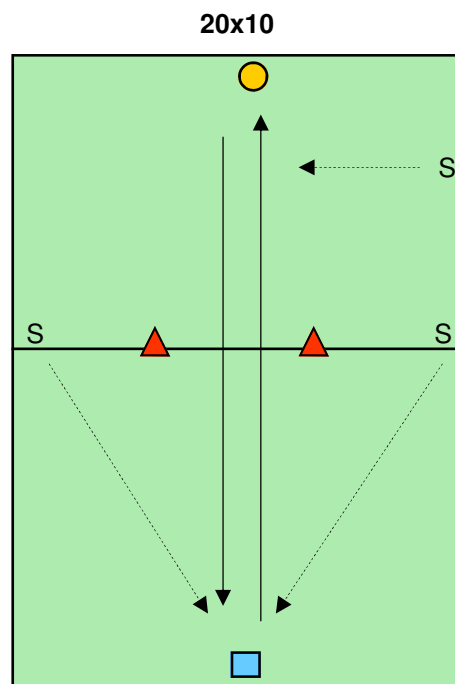
A server on the centre line plays the ball back to the players who are working.

Progression (ii)

In this progression a server passes the ball across the face of the players, work both sides.

It is important to work on all of these techniques, however be realistic on the success depending on the age groups you are working with.

The distance between the cones could be made smaller or larger, depending on the success that is being achieved.



Long Passing Set Up