



**COACHING CLINIC SESSION 3:
ANALYSIS OF THE VARIOUS KICKING TECHNIQUES IN SOCCER
DECEMBER 9, 2008**

Key Factors

Key factors are technical and tactical building blocks for the coach and should be the terminology used when teaching technique. When a player is unable to perform or execute a specific technique, the coach should apply the key factors of that skill in a sequential order.

Passing Key Factors

- Eye on the ball
- Part of the foot and ball
- Ankle locked (direction of ankle depends on type of pass)
- Follow through
- Pace / Timing / Weight of the pass

Components of Coaching Technique

It is important for the coach to understand the components of coaching soccer technique and how to apply them through a consistent methodology that incorporates the 'Key Factors of Coaching'. The components of coaching technique are:

- Fundamental Stage
 - No pressure from opponent
 - Begin at slow speed and work towards execution at top speed
 - Reduced strength and power
- Match Related
 - Introduce pressure of an opponent
 - Incrementally add pressure based upon the player's level of success
- Match Conditions
 - All restrictions taken off the opponents
 - Does not have to be 11v11 or an even numbered exercise
 - Importance of small-sided games for technical training



1. Push pass

- **Short distance**
 1. Lock your ankle
 2. Toes pointed up
 3. Use the inside of your foot (sweet spot)
 4. Standing foot pointing in the direction you want to pass
 5. Knee over the ball
 6. Head over the ball
 7. Eyes on the ball after looking to see where your passing it
 8. Follow through after passing the ball
 9. Properly hit ball should have a top spin
- **Medium distance**
 1. Same as above but this time get your power from your abdominals and hip
 2. keep your body compact
 3. ankle and knee locked in position
 4. snap from the hips when connecting with the ball

2. Driven pass

- **Medium to long distance on the ground**
 1. Lock your ankle
 2. Kicking foot pointed down on a 45 degree angle with your big toe nearest to the ground
 3. Count four or five laces up on the inside of your foot to locate the bone on top of your foot. This bone should hit the middle of the ball.
 4. Standing foot pointing in the direction you want to pass
 5. Knee over the ball
 6. Head over the ball
 7. Eyes on the ball after looking to see where your passing it
 8. Follow through after passing the ball

3. Lofted pass

- **Medium to long distance in the air**
 1. Lock your ankle
 2. Kicking foot pointed outwards perpendicular to the direction of your standing foot
 3. Count four or five laces up on the inside of your foot to locate the bone on top of your foot. This bone should hit the under side of the ball in the middle.
 4. Inside of the foot should connect underneath the ball
 5. Outside of foot will be slightly off the ground when connecting with ball
 6. Standing foot pointing in the direction you want to pass
 7. Lean back a bit to get under the ball
 8. Eyes on the ball after looking to see where your passing it
 9. Follow through after passing the ball
 10. Properly hit ball should have back spin



4. Curving the ball (short to long distance)

○ Inside of foot

1. Foot pointed up and locked in place
2. Inside of the foot should hit the outside of the ball
3. Standing foot pointing 45 degree, diagonally to the direction you want to pass through
4. Eyes on the ball after looking to see where your passing it
5. Follow through across your body after passing the ball
6. Square your hips to where you want the ball to go as you follow through

○ Outside of foot

1. Foot pointed up and locked in place
2. Inside of the foot should hit the outside of the ball
3. Standing foot pointing 45 degrees to the direction you want to pass through
4. Eyes on the ball after looking to see where your passing it
5. Follow through across your body after passing the ball
6. Square your hips to where you want the ball to go as you follow through

5. Chipping the ball

○ Short to medium distance

1. Lock your ankle
2. Foot pointed straight out
3. Back heel should off the ground
4. Standing foot pointing in the direction you want to pass through
5. Crucial to have your knee over the ball
6. Lean over the ball with your and head
7. Movement of your leg comes from the knee downwards
8. Eyes on the ball after looking to see where your passing it
9. Follow through after passing the ball
10. Properly hit ball should have back spin

6. Scoop pass

○ Short distane

1. Lock your ankle
2. Foot pointed straight out
3. Foot needs to get right under the ball to scoop it
4. Standing foot varies depending on what part of the foot your using
 - a. straight forward if using middle of foot
 - b. 45 degree angle if using inside or outside of foot
5. Crucial to have your knee over the ball
6. Movement of your leg comes from the hip with the rest of the leg locked in position
7. Eyes on the ball after looking to see where your passing it
8. Follow through after passing the ball
9. Properly scooped ball will have minimal rotation



7. No look pass

○ Short distance

1. Lock your ankle
2. Toes pointed up
3. Use the inside of your foot (sweet spot)
4. Standing foot pointing 45 degrees away from where you want to pass it
5. Knee over the ball
6. Head looking in the opposite direction from where you want to pass it
7. Eyes on the player your using to deceive the opposition
8. Follow through across your body after hitting the ball
9. Properly hit ball should have a top spin

○ Medium distance

1. Same as above but this time get your power from your abdominals and hip
2. Keep your body compact
3. Ankle and knee locked in position
4. Snap at the ball when hitting it

8. Sole of the foot pass

○ Short distance

1. Lock your ankle and point your toes up
2. Use the sole of your foot
3. Standing foot pointing in the direction you want to pass
4. Eyes on the ball after looking to see where your passing it
5. Follow through after passing the ball
6. Properly hit ball should have a top spin

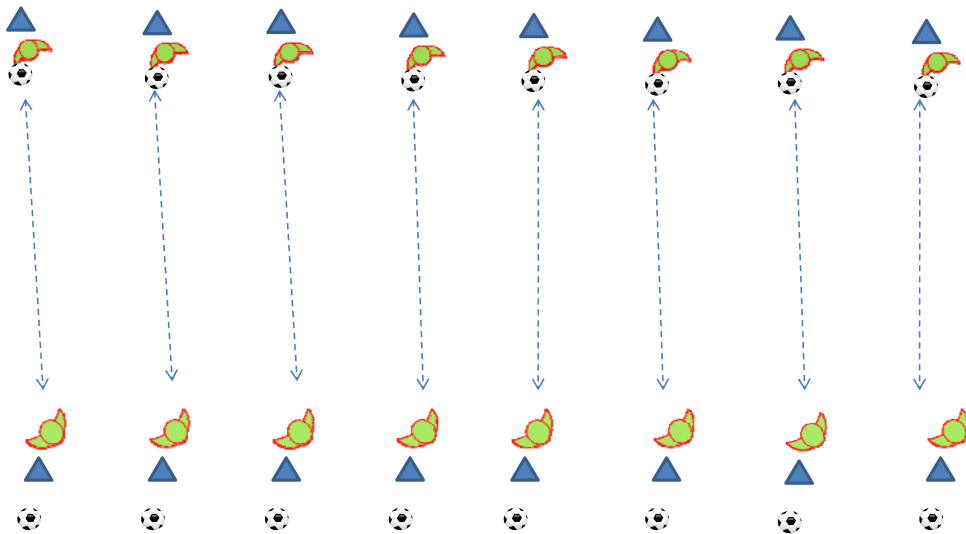
9. Back heel pass

○ Short distance

1. Lock your ankle
2. Toes pointed slightly up
3. Use the back heel of your foot
4. Standing foot pointing in the opposite direction you want to pass
5. Eyes on the ball before hitting it to know where it's located
6. Don't follow through after passing the ball



BASIC SETUP OF INTRODUCTION TO PASSING

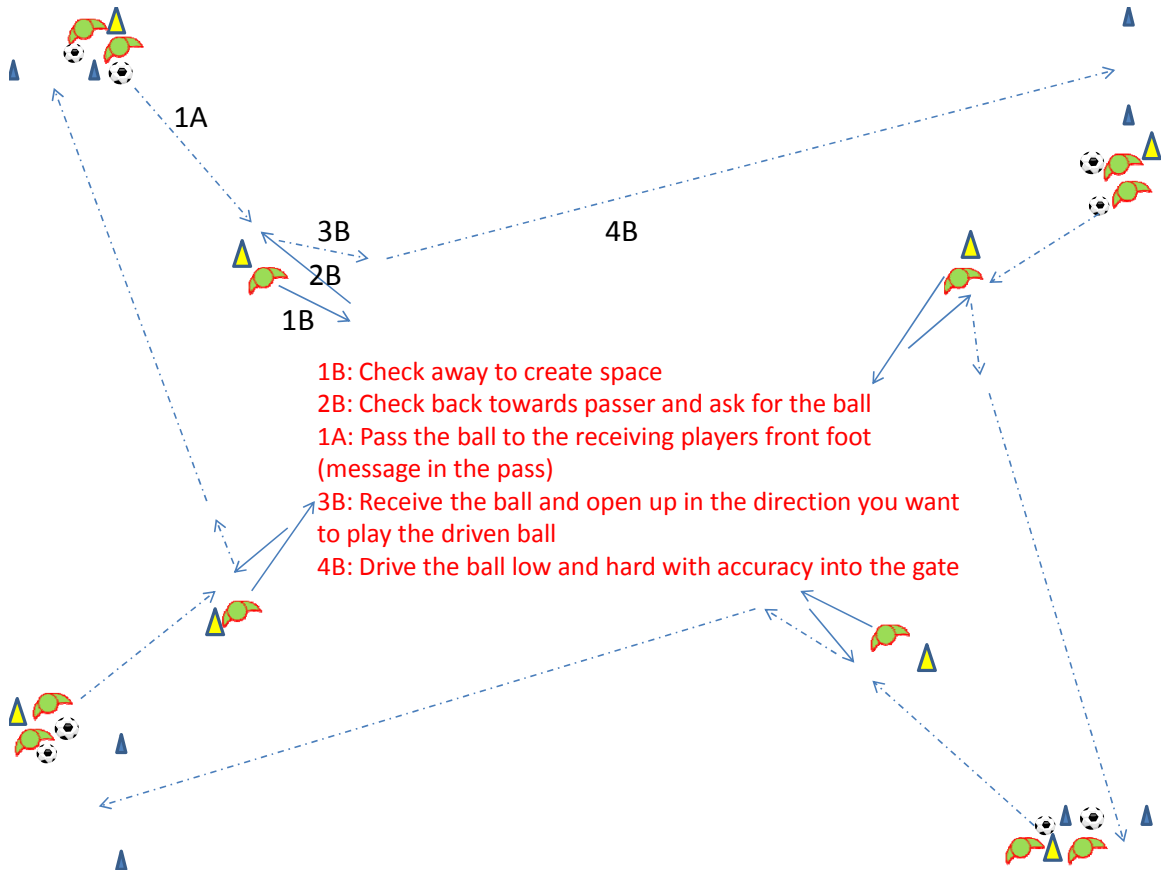


PASS THE BALL BACK AND FORTH

- Vary the distances depending on type of pass



BASIC SET UP OF DRILL



- 1B: Check away to create space
- 2B: Check back towards passer and ask for the ball
- 1A: Pass the ball to the receiving players front foot (message in the pass)
- 3B: Receive the ball and open up in the direction you want to play the driven ball
- 4B: Drive the ball low and hard with accuracy into the gate

SAME SET UP AS BEFORE



