



COACHING CLINICS WINTER 2007

SESSION 6

Analysis of the Basic Kicking Techniques in Soccer

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I. Passing

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 at the ball when hitting it

2. Driven pass

○ Medium to long distance on the ground

1. Lock your ankle
2. foot pointed down on a 45 degree angle
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. foot pointed outwards
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 hit underneath the ball
5. outside of the foot should be off the ground when hitting the 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 (banana) pass

- **Short to long distance**
 1. Inside of foot Lock your ankle
 2. foot pointed up
 3. inside of the foot should hit the outside of the ball
 4. standing foot pointing 45 degrees to the direction you want to pass
 5. Eyes on the ball after looking to see where your passing it
 6. follow through across your body after passing the ball
- **Outside of foot**
 1. Lock your ankle
 2. foot pointed up
 3. inside of the foot should hit the outside of the ball
 4. standing foot pointing 45 degrees to the direction you want to pass
 5. Eyes on the ball after looking to see where your passing it
 6. follow through across your body after passing the ball

5. Chipped pass

- **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
 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
2. toes pointed up
3. use the sole of your foot
4. standing foot pointing in the direction you want to pass
5. Eyes on the ball after looking to see where your passing it
6. follow through after passing the ball
7. 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