



Eyes on the moving ball, with approach slightly angled (eg) right footed player approach from the left and left footed player approaches from the right



Keeping head down make contact with the ball with instep. Accuracy important—not power



Make contact with the ball and follow through, then lifting head

Accuracy must be achieved when passing the ball. Continually use the outside and inside of the foot when practicing to gain a comfort zone and for familiarity.

1. Eyes must always be on the ball, “if you cannot see it you will never pass it”
2. Slight angle to the ball on approach will determine good contact and keep the ankle muscle firm
3. Follow-through can be accomplished by getting the body over the ball on contact and this will increase the power potential



Tip #5 Passing The Ball