

DIFFERENT PASSING TECHNIQUES IN SOCCER



From lofting the ball to curling it, we explore some techniques your players can use when passing.

INSIDE OF THE FOOT

The inside of the foot is traditionally the technique players master first. This simple side-foot approach is a great way to pass the ball accurately.

It's common to see players use this technique as they recycle the ball along the back line. But so too, when passing quickly in the final third.

OUTSIDE OF THE FOOT

This is a more advanced technique to use. It's quicker and more deceptive than using the inside of the foot, as players don't have to open their body up to play the pass. It requires a lot of practice to get right, though. So be patient and allow players plenty of opportunities to try it.

LOFT

This is all about getting some height to pass over an opponent. To do that, players need to strike underneath the ball with their instep.



hummel

DIFFERENT PASSING TECHNIQUES IN SOCCER



CURL

If you want to bend the ball around an opponent, this is a good technique to use.

To execute this pass, players need to:

- be at an acute angle to the ball
- plant their non-kicking foot to the side of the ball while ensuring it's angled towards the front of the ball
- wrap their kicking foot around the opposite side of the ball using their instep.

DRIVE

Looking to pass with speed and purpose? This technique is ideal for getting the ball from A to B in a hurry. Often used to thread the ball through small gaps over longer distances, this is handy for quickly picking out a teammate in space.

To make this powerful pass, players must strike through the middle of the ball with their laces or instep.

SUMMARY

Understanding the different types of passing techniques can help you support your team's development. And while this article covers a lot, there are still many other techniques to explore.

As a top tip, whenever your team practise passing, try to observe:

- how they approach the ball
- what their body positioning is like
- how they contact the ball.

If they get all the above right for each technique, they'll soon master the art of passing.



hummel