



BULLETIN **“INSIDE OF THE FOOT- PUSH PASS”**

General Information

This technique is used to advance the ball or to maintain possession by passing to a teammate.

Inside of Foot-Push Pass- Basics

Prepare Plant Leg

- Place support foot next to the ball (toe should not be past the ball) pointed in the general direction of the target (distance from ball will depend on height of the player).
- Bend knee slightly.
- All weight should be on plant foot.
- Use arms for balance.

Prepare Action Leg

- Draw leg back from hip.
- Bend knee slightly.
- Rotate leg at hip outward no further than 90°.
- Lock ankle with toe pointed slightly up (make a check-mark with foot).
- Inside of foot should face the general direction of the target.

Striking Movement

- Body should be over the ball, moving forward.
- Keep eye on ball.
- Move leg straight forward and through the ball.
- Strike at the center of the ball with the inside of the foot.
 - Sole of foot should be off the ground with toe pointed slightly up, and perpendicular to ball (form a “T” or “L” with feet).
- Follow through:
 - Pull leg straight through in general direction of target while maintaining balance.
 - Lower body as leg rises.
 - Follow through and lift knee.
 - Step out of the kick.

Inside of Foot-Push Pass- Coaching Points

Before having players strike the ball:

- Have them practice planting their foot in the proper place.
- Have them practice swinging their leg and foot straight back and forth, ensuring proper body and leg movement.



Inside of Foot-Push Pass- Common Errors and Corrections

- E- Plant foot is too far in front, behind, or away from the ball and/ or not pointed in the general direction of the target.
- E- Knee(s) are locked; not bent.
- E- Ankle is not locked and sole of foot is not parallel to ground and/ or facing general direction of the target.
- E- Ball is off to the side of the player and not in front for a proper passing motion of their leg.
- C- To correct any of these errors, refer to the image below and description. Review proper technique with player(s).

