

## Tip Four

### Short Passing with Proper Technique

In our first few tips we discussed the player using Ball Reception to create space and movement without the ball. Now we want to focus on passing the ball accurately as players move in to space

**Correct passing technique:** Makes it easier for the team to keep possession of the ball – in fact it's probably impossible for the team to keep possession without good passing technique, receiving and movement

#### Things that make it difficult for players to pass the ball properly and for the team to keep possession

- **Receiving:** A poor first touch
- **Poor passing technique:** No control over the distance of the pass or its accuracy
- **Lack of communication:**

#### What to watch for in practices (games) with your team:

- Players standing still (see week three) and waiting to receive the ball and not timing their movement – a player standing still (motionless) when s/he receives the ball can be put under pressure and dispossessed of that ball a lot easier than one that is moving
- Players not communicating and calling for the ball (also encourage players to use hand signals to point in the direction they want the ball passed to)
- The ball is passed behind the player
- A weak first touch (poor receiving - see Tip One)
- The ball is hit too hard and/or bounces after been hit

#### Short Passing Technique

- First touch (receiving from Week One) is directional
- Ankle locked and toe pointed up and the non kicking foot is pointed in the direction of the ball
- Head over the ball and strike through the middle of the ball with your instep, both knees slightly bent, and follow through with your foot in the direction you want the ball to go
- Eyes on the ball until full contact is made

An animated link follows: <http://news.bbc.co.uk/sport2/hi/football/skills/5012224.stm>

#### Practice plans:

Starting with u8 on the following link you will find numerous plans

[http://www.mayouthsoccer.org/coach's\\_corner.aspx](http://www.mayouthsoccer.org/coach's_corner.aspx)

**Example at u8:** Lesson Plan Three:

**Example at u10:** Lesson Plan Two (same as last week):

**Example at U12:** Passing and Receiving - Possession