

Passing Technique

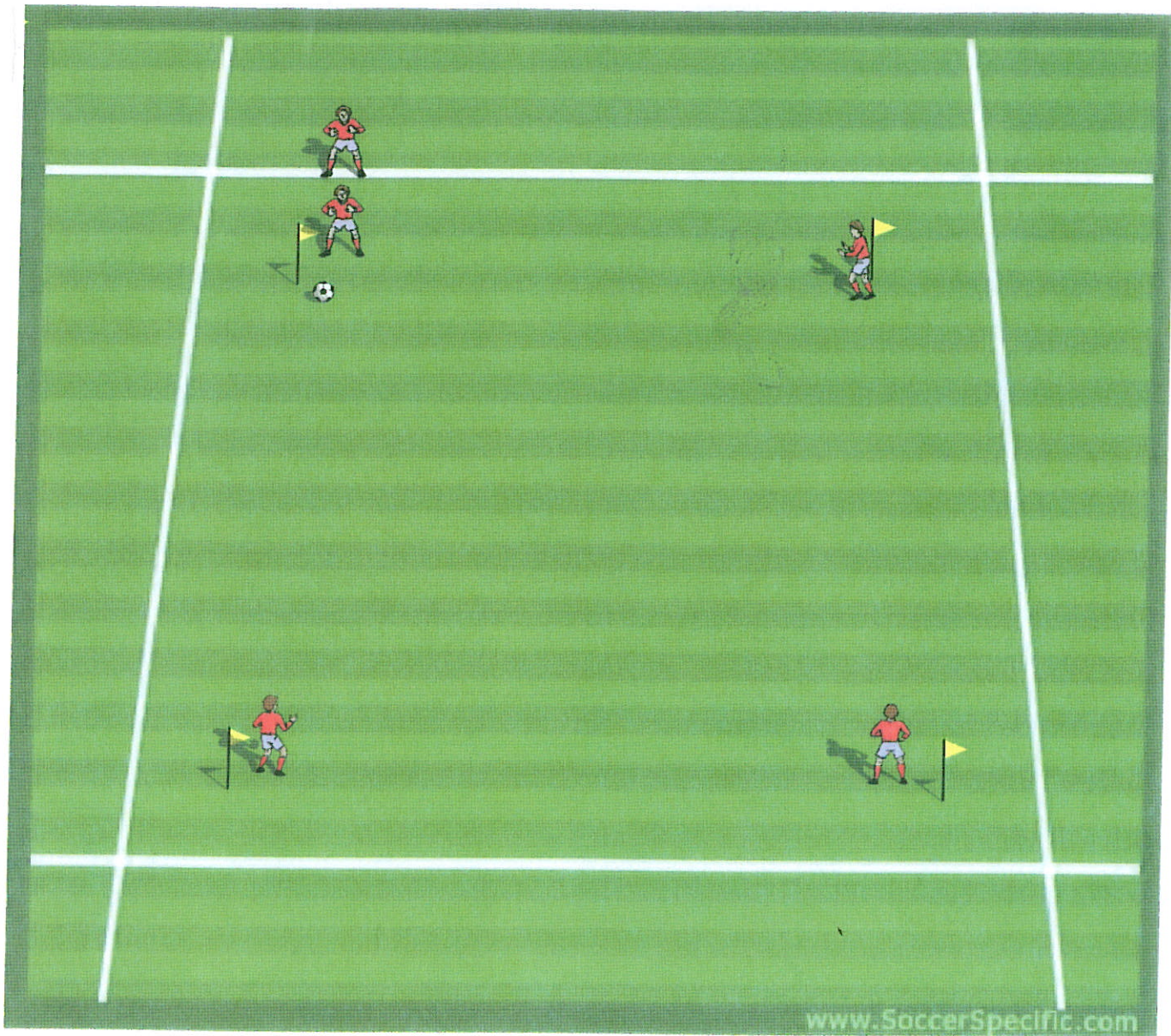
Happy feet-while waiting to receive the ball

Move your body in line with the ball well the ball is moving not when it get's to you

First touch out of your feet. Place non-kicking foot alongside ball. Kicking foot make an L shape

use inside of foot to pass ball back to partner

Ankle locked and follow through the line of the ball to partner .



Passing

Pass the ball and follow your pass

Move body in line with the ball

Open your hips to receive the ball and pass with inside of foot to next player, then follow pass.

Work on weight of pass. Change direction to use other foot

Progression

Pass ball follow pass, make angle and play combination around flag

Timing of combinations