



## Fundamentals of Football:



### FUNDAMENTALS OF FOOTBALL

1

PASSING

2

CONTROLLING

3

DRIBBLING

4

TURNING

5

SHOOTING

6

TACKLING

7

HEADING

8

GOALKEEPER  
SKILLS

1

## PASSING

Passing is the most common action a player will do when in possession of the ball during the course of a football match. The type of pass can vary depending on the target, the part of the foot you use, the section of the ball you hit, how hard you hit the ball, and if there are any obstacles in the way.

*Different types of pass:*

- Inside of the foot (on the ground)
- Outside of the foot (on the ground)
- Lofted pass (in the air)
- Laces pass (on the ground/slight in the air)
- Volley (ball in the air as you strike it)

### Passing Coaching Points:

1. Identify your target
2. Stepping into the movement, place standing (non-kicking) foot beside the ball.





3. Lock your kicking foot's ankle and keep your standing leg slightly bent at the knee.
4. In a controlled manner, swing your kicking foot at the ball so that the inside of your foot will meet the centre point of the ball.
5. Follow through with your kicking foot in the direction you want the ball to go.

### Notes:

*To keep the ball on the ground:*

1. Keep your head and the knee of your kicking foot over the ball.
2. Do not lean back.

*To make the ball go up in the air:*

1. Lean back slightly.
2. Meet the ball under the centre point, using your first three toes.
3. Follow through with your kicking leg in an upwards direction.



Visit the Special Olympics Faces of Football Training Ground for challenges to improve your passing. Progress through the levels to refine your passing skills.



Level 1



Level 2



Level 3



# Session Plan

# Passing

## Level 1

### Category:

Passing

### No of Players

Required:

2

### Practice

Length:

5-10mins

### Equipment

Required:

1 ball per pair

### Aims & Objectives:

- Improve passing and receiving technique.
- Improve communication between players.
- Improve passing ability on both feet.

### Coaching Points:

1. Meet the middle of the ball with the middle of the inside of the kicking foot.
2. Lock the ankle.
3. Follow through with kicking foot.

### How to:

**1. Player 1** and **Player 2** stand 5 metres apart. **Player 1** passes to **Player 2** using the inside of their foot.

**2. Player 2** controls the ball using the inside of their foot.

**Player 2** then passes to **Player 1** using the inside of their foot.

**3. Repeat steps 1 & 2.**

- Challenge players to use left and right foot.
- Challenge players to use different surfaces of the foot to pass and receive (laces, outside, etc.)

