

Technique Tip (4/11/2005)

INSIDE OF THE FOOT PASS

EXECUTION	OBJECT	POSSIBLE ERRORS	OBSERVE
-The planted foot is next to the ball pointing toward target	-Shooting over short distances combined group play restarts	-Kicking foot is straight	-Leave kicking foot and leg bent. (Toe 'up', ankle locked)
-Kicking foot is raised, toe up strikes middle of ball	-Accurate combined group play over short distances	-The standing foot is too far from the ball	-Place standing foot next to the ball
-Ankle is locked		-The ball is not struck through the center	
-Contact area is between ball of foot and the heel on the inside of the foot			