

Qualities of a Good Pass



A smooth soft silky pass, that skims the surface of the grass"

Passing is the most frequent of techniques used in the game of soccer. It lays the foundation from which all tactical plans will be designed. Without quality passing, possession and dictating the course of the game is impossible. Good teams can keep the ball because they have players with a wide range of passing techniques and understand when and where to effectively apply their skills.

A soccer players foot must be like a golf club, changing from a driver to a putter in a split second. Hitting long balls accurately and stroking short range passes with finesse.

There are twelve surface's on the feet in which a player can pass a ball, six surface's on the right foot and six on the left foot. These surfaces are:

- ★ The inside of the foot
- ★ The outside of the foot
- ★ The instep of the foot
- ★ The toe
- ★ The heel of the foot
- ★ The sole of the foot

Moreover, a player can also opt to pass a ball:

- ★ Over a short distance
- ★ Over a long distance
- ★ On the ground
- ★ In the air

There are several components that will affect the quality and success of each pass, in sequence, these are:

- ★ Selection of passing technique
- ★ Disguising the intentions of the pass
- ★ Timing of the pass
- ★ Speed or weight of the pass
- ★ Accuracy of the pass

There are 16 types of passing techniques to master:

- ★ The Push Pass
- ★ The Low Driven Pass
- ★ The Lofted Pass
- ★ The Chip Pass
- ★ The Bent Pass
- ★ The Volley Pass
- ★ The Half Volley Pass
- ★ The Toe Poke Pass
- ★ The Heel Pass
- ★ The Sole of the Foot
- ★ The Flick Pass
- ★ The Stab Pass
- ★ Pass using the Head
- ★ Pass using the Chest
- ★ Pass using the Thigh
- ★ Throw-ins