

## **INSIDE OF FOOT PUSH PASS**

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The inside of the foot push pass is the most used pass in soccer. This is the best technique for short accurate passing on the ground.

1. Get in line with your target.
2. Plant your non-kicking foot next to and a little behind the ball, pointing towards your target (overhead diagram below).
3. Lock your kicking foot with your knee bent, toe up and heel down at a 90-degree angle to your plant foot (flex your shin muscle).
4. Keep your eye on the ball and strike the center of the ball.
5. Step into your pass and follow through towards your target (keep ankle locked during follow through).

