



AMESBURY SOCCER ASSOCIATION

Hello ASA Coaches and Volunteers

During my time as an ASA coach, I put a lot of focus on teaching good mechanics and technique. By mechanics I mean having players learn to use the correct parts of their body when contacting the ball as well as how to align the rest of a player's body parts (non-kicking leg, head, shoulders, chest, etc.). When youth soccer players have good mechanics, they will be able to shoot with more power, make longer distance passes, have more control when dribbling, win more tackles, etc.

Upcoming weekly coaching emails will cover mechanics for various soccer skills; **this week starts with passing.**

Passing is the most important skill in soccer. Passing allows players to move the ball quickly around the field and create combinations among teammates. Therefore, it is essential that youth soccer players develop the ability to pass the ball to teammates accurately and consistently.

Most passes are made with the inside of the foot, which provides a large and flat surface on a player's shoe. Some key points about passing with the inside of your foot.

- Contact the middle of the ball with the middle of the foot (see image)
- Point your non-kicking foot in the direction of the pass
- Head looking down with eyes on the ball
- Keeping shoulders over the ball helps keep the pass low and on the ground
- Follow through after making contact

Below are a number of links about passing and YouTube video clips to watch how to make a pass using good mechanics.

[Simple video showing inside of the foot passing](#)

[How to teach inside of the foot passing \(grade K-6\)](#)

[How to Pass 101 – 5 steps to soccer passing](#)

Soccer Passing Technique

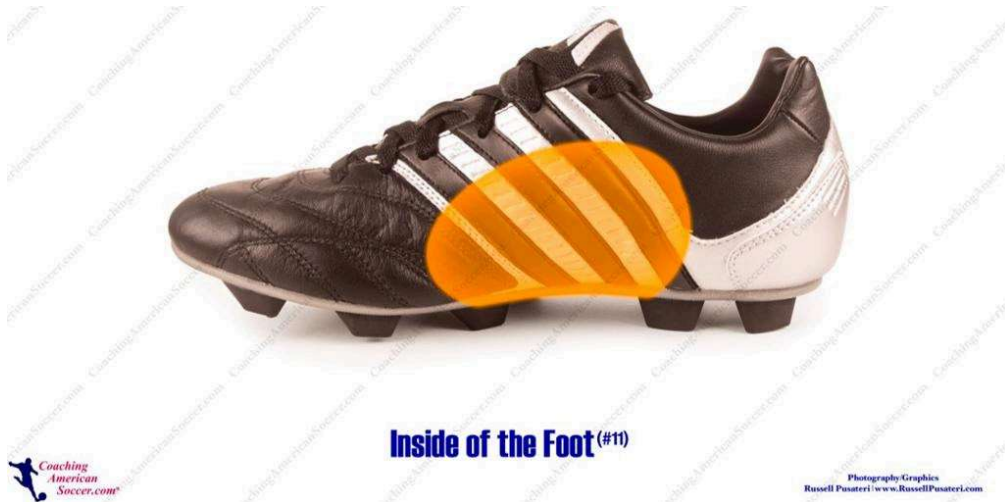
It is important for us as coaches to learn about soccer mechanics and do our best to model for our players. We at ASA know that some of our coaches never played soccer or haven't played in many years. Just like with our players, repetition makes better.

Have a great week. Reach out with questions and thoughts.

Paul

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