

INCOMING

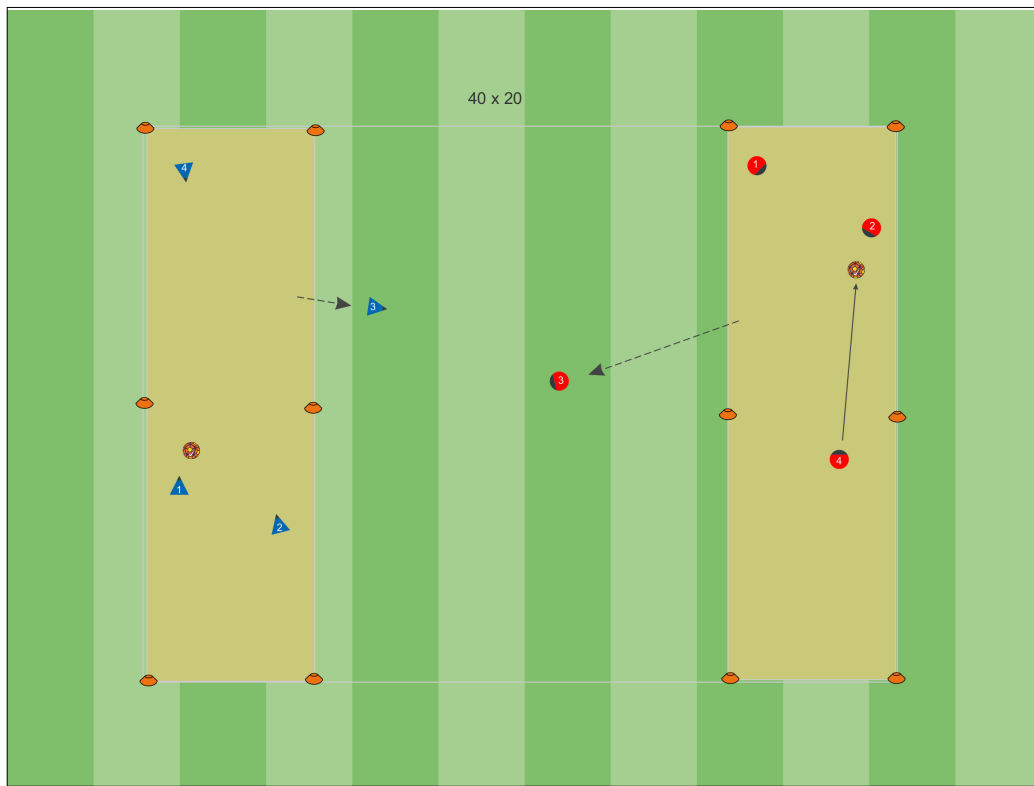
TECHNIQUE:

Inside of Foot Push Pass, Inside of Foot Ball Control

Equipment/

Organization: Mark 40 x 20 grid with 10-yard wide zones at each end. Two teams. Each team has a ball and occupies an end zone (border). Players are numbered or given names of teams or characters (player can play 2 numbers pending attendance, i.e., 1 and 4).

To see this activity in action visit:



HOW THE GAME IS PLAYED

- Both teams pass a ball to each other in sequence: 1 to 2 to 3, etc., using an inside of foot pass and controlling using inside of foot control.
- Encourage the players to move to a new patch of grass immediately after passing.
- Call out a number. The players with that number run across to the opposite end zone and try to steal the ball or knock it out of the playing area. The first player to succeed wins a point for their team.
- The first team to 10 points wins.
- Once a number is called, the rest of the team do not have to pass in sequence any more and participate in a regular rondos (keepaway).

VARIATIONS/PROGRESSIONS

- Call out two numbers and/or restrict the number of touches the players in possession are allowed.
- Adjust field size as needed, consider success (challenge) and physicality.

COACHING POINTS

Coaching Points Inside of Foot Push Pass:

- Place support foot next to ball (toe should not be past ball) pointed in general direction of target.
- Lock ankle with toe pointed slightly up.
- Inside of foot should face the general direction of target
- Keep eyes on ball.
- Move leg straightforward toward target, ankle locked and toe up.
- Strike at the center of the ball with the inside of the foot.
- Sole of foot should be off the ground with toe pointed slightly up, and perpendicular to ball (form "T" or "L" with feet).
- Strike through center of ball and follow through in direction of pass.

Coaching Points Inside of Foot Control:

- On toes (ready to react).
- Get in line with flight of ball.
- Present inside of foot.
- Cushion the ball (by withdrawing the foot).
- Take touch into the best position for next move.