

Side Foot Pass

by [admin](#) on December 30, 2012



The side foot pass can also be referred to as the “push pass.” and is the most reliable and accurate type of pass for short distances. Its accuracy comes from the fact that it utilizes the largest surface area of the foot and it also does not rely too much on power. It is more like stroking the ball into the desired place rather than driving the ball. It is one of the most used skills and must be practiced so that it becomes second nature.

Here are the Key Factors for the side foot pass:

1. Angle Of Approach. It is very important to approach the ball at the correct angle in relation to where you want to place the pass. Typically the angle of approach is a straight directly facing the intended target.
2. Placement of Standing foot. The guideline here is to place the standing foot 6-9” from the ball, alongside the ball, with the big toe of the standing foot aiming at the intended target of the pass whether that be a team mate or space into which the ball will be passed for an oncoming team mate.
3. Carry all of your weight on the standing foot.

4. Turn the striking foot to an angle of 90 degrees and lock the angle in place. Bend the knee. Think of the lower part of the leg and the foot now as a hockey stick or a golf club. Lock that ankle in place, creating as large a surface area as possible.
5. Swing the striking leg towards the ball aiming to strike through the center of the ball with the instep. That's the soft, curved part of the inside of the foot. This is the most sensitive part of the foot and it is like having a sweet spot to strike the ball with. The instep is curved perfectly to kiss against the ball, almost like it had been designed that way!
6. Keep the head down so as to keep the ball down on the grass.
7. Follow through the ball keeping all of the weight on the standing foot. Many players make the mistake of having their weight on their striking foot and then stepping through the ball and placing the striking foot on the ground. Practice striking the ball and continuing with a good follow through.



The best way to practice the side foot pass is to find a wall, and pass the ball against it 1000 times. Practice passing the ball against the wall with the side foot pass only, controlling the rebound with the side of the foot, and then passing it again against the wall. Practice this with both feet.

As you improve you will then be able to play the side foot pass against the wall and then play the rebounded ball back to the wall without having to take a touch to control, this is known as a “one touch pass” or a “first time” pass.

Aim to be the player in your team who can receive the ball and play a simple sided foot pass to keep the ball moving and to keep possession. Look at how Martin Allen does this for Liverpool.

Source = <http://www.soccer-universe.com/side-foot-pass.html>