

Passing

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The Lofted Pass

- Approach the ball at an angle. This will assist in the natural swinging motion of the kicking leg.
- The head should be kept steady and eyes fixed firmly on the ball.
- The last stride on the approach to the ball should be the longest. This will increase the length of the back swing from the kicking leg.
- Plant the non-kicking foot along side and slightly behind the ball. Do not position the non-kicking foot too close to the ball as to interfere with the natural swinging motion of the kicking leg.
- Contact with the kicking foot on the ball is made with the instep.
- The ball should be struck through the center and on the under side of the ball, where the ball rests on the surface of the ground.
- Withdrawal from the kicking leg comes from the hip as well as the knee for extra power and distance.
- The follow through is long and continues through the ball into the direction of the intended target.
- There is hardly any backspin on the ball, thus allowing the ball to roll as it makes contact with the ground.

The Push Pass

- Approach the ball at a slight angle.
- Place your non-kicking foot along side the ball, not too close that it will prevent the natural swinging motion of the kicking leg.
- The ankle of the kicking foot must be firm.
- Use a slight drawback of the kicking foot.
- Strike the ball with the inside of the kicking foot through the horizontal mid-line of the ball.
- The head should be kept steady and eye's fixed firmly on the ball. The head weighs approximately 10 pounds, so any unnecessary tilting of the head will affect the whole balance of the body.
- The follow through is in the direction of the intended target.

The Low Driven Pass

- Approach the ball at an angle. This will assist in the natural swinging motion of the kicking leg.
- The head should be kept steady and eyes fixed firmly on the ball.
- The last stride on the approach to the ball should be the longest. This will increase the length of the back swing from the kicking leg.

- Plant the non-kicking foot along side and slightly behind the ball. Do not position the non-kicking foot too close to the ball as to interfere with the natural swinging motion of the kicking leg.
- Contact with the kicking foot on the ball is made with the instep.
- The ball should be struck through the center and on the under side of the ball, where the ball rests on the surface of the ground.
- Withdrawal from the kicking leg comes from the hip as well as the knee for extra power and distance.
- The follow through is long and continues through the ball into the direction of the intended target.
- There is hardly any backspin on the ball, thus allowing the ball to roll as it makes contact with the ground.

The Chip Pass

- Approach the ball at a slight angle. This will assist the natural swinging motion of the kicking leg.
- The head should be kept steady with eye's fixed firmly on the ball.
- Plant the non-kicking foot along side and slightly in front of the ball.
- The head and upper body should be over the ball.
- Withdrawal with the kicking leg is predominantly from the knee and not the hip.
- Contact on the ball should be made through the underside and center of the ball.
- Using a stabbing action from the knee and not the hip, strike down onto the underside of the ball, as to impart a vicious backspin on the ball.
- The more powerful the stabbing action of the kicking foot down onto the ball, the more rapidly the ball will climb with a quality backspin.
- The backspin of the ball is necessary to allow the ball to stop within a short distance, on making contact with the ground.

The Bent Pass

- Approach the ball at a slight angle. This will assist the natural swinging motion of the kicking leg.
- The head should be kept steady and eyes fixed firmly on the ball.
- Plant the non-kicking foot approximately 10 inches away to the side of the ball.
- Contact with the kicking foot is made with the instep.
- The point of contact on the ball should be slightly below the horizontal mid-line and to the side of the ball. If contact is made too close to the center of the ball, then the ball will not spin. Too little contact on the ball will result in the ball being sliced.
- Unlike other passes, the follow through of the kicking foot travels away from the direction of the ball.
- The above mechanics also apply to bending the ball with the outside of the foot.

The Stab Pass

- Approach the ball straight on.
- Keep the head steady and eye's fixed firmly on the ball.
- Plant the non-kicking foot approximately 10 inches away from the side of the ball.
- Withdrawal from the kicking leg is made from the knee and not from the hip.

- Contact with the kicking foot is made with the outside of the shoe.
- Contact on the ball is made through the horizontal mid-line of the ball.
- Withdraw the foot and with a quick stab of the outside of the foot make contact through the center of the ball.
- The follow through is short and in the direction of the intended target.