

# Passing and Controlling

In the game of soccer, passing and control represent about 95% of the game. What more needs to be said as to the importance of these two technical skills?

Good passing requires the coordination of two players, a passer and a receiver of the pass.

Control requires an accurate pass which will allow the player better preparation and ease in controlling the pass.

The game is played with the feet, so emphasis must be placed on teaching players to keep the ball at the feet as much as possible.

## Five Characteristics of a Good Pass

1. The pass must be accurate.
2. The pass must be of correct pace (speed and weight).
3. The pass must be well-timed (delivered at the appropriate time).
4. The pass must be somewhat deceptive.
5. The pass must be successful in advancing the ball or maintaining possession.

Good passing makes the game appear easy, but bad passes increase pressure and limit the options of the receiver. Good passes result from good technique.

## Ball control:

There are numerous ways to control or pass the ball. No matter what controlling surface your players use, there are certain technical points that remain constant.

## Ball Control Techniques

1. Maintain eye contact with the ball.
2. Move into the line of flight of the ball.
3. Arms are in a comfortable position for balance.
4. Body is in a relaxed and balanced position.
5. Ball is cushioned on contact utilizing proper technique.
6. Prepare the ball for the next move.

## Our players must view the act of controlling the ball as the beginning part of the next move with the ball

As coaches we must understand the importance of our players developing proper passing and controlling technique. We must put our players into game situations to perform these techniques and allow our players to develop good decision making for themselves on the field while performing these passing and controlling techniques.