



## Football skills map

### Passing & Control – Video Demonstration

Year 1	<p><b><u>Passing</u></b></p> <ul style="list-style-type: none"> <li>● Face the target, kick the ball towards the target, extend the kicking leg all the way out</li> </ul> <p><b><u>Control</u></b></p> <ul style="list-style-type: none"> <li>● Get body behind the ball, stop the ball with the inside of your foot</li> </ul>
Year 2	<p><b><u>Passing</u></b></p> <ul style="list-style-type: none"> <li>● Face the target, kick the ball towards the target using different parts of the foot (inside and outside), extend the kicking leg all the way out</li> </ul> <p><b><u>Control</u></b></p> <ul style="list-style-type: none"> <li>● Get body and foot behind the ball, stop the ball with different parts of the foot (outside, sole, inside)</li> </ul>
Year 3	<p><b><u>Passing</u></b></p> <ul style="list-style-type: none"> <li>● Inside foot pass - Keeping your ankle firm, bring your kicking foot through and strike the centre of the ball (to keep it on the ground) with the side of the foot. Follow through with the kicking leg to increase power.</li> </ul> <p><b><u>Control</u></b></p> <ul style="list-style-type: none"> <li>● Get into line with the line of the ball as quickly as you can and present the inside of your foot. Get as large an area behind the ball as you can. As you make contact with the ball, relax the surface area so that you can cushion the ball.</li> </ul>
Year 4	<p><b><u>Passing</u></b></p> <ul style="list-style-type: none"> <li>● <b><i>Drive pass</i></b> – to keep the ball low you must concentrate on keeping your knee over the ball and remember not to lean back. Strike the centre of the ball with the laces (instep), with the toes pointing downwards. Follow through with the kicking leg to increase power.</li> </ul> <p><b><u>Control</u></b></p> <ul style="list-style-type: none"> <li>● <u>Control</u> with different parts of your body (thigh, chest, and head). Use the same technique as above (Year 3) but apply it with different parts of the body.</li> </ul>
Year 5/6	<p><b><u>Passing</u></b></p> <ul style="list-style-type: none"> <li>● <b><i>Curled Pass</i></b> - position your standing foot a comfortable distance from the ball as you approach at an angle.</li> </ul>



	<ul style="list-style-type: none"><li>● To curve the ball from right to left use the inside of your foot, striking the bottom half of the right side of the ball.</li><li>● Make contact with the bottom half of the left side of the ball. Follow through will not be in the direction of the target as you are cutting across the back of the ball rather than kicking through the centre of it.</li></ul> <p><b><u>Control</u></b></p> <ul style="list-style-type: none"><li>● Control with different parts of your body (thigh, chest, and head). Use the same technique as above (Year 3) but apply it with different parts of the body.</li></ul>
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