

Mechanics of the Push Pass



Objective of the Practice:

This practice is designed to introduce the novice player to the correct mechanics involved in the execution of the "Push Pass".

Field Preparation:

★ Two players with one ball.

Coaching Points:

Two players are positioned in a grid 5 yards x 5 yards. The players are positioned on either side of the ball. In pairs the players step towards the ball and lock the ball between their feet as they perform the "Push Pass". To ensure the timing coincides, one player should slowly count out loud "one, two, three". On the three count the players move towards the ball. The players should always step towards the ball and try to hit the ball in their stride.

The coach should emphasize the following coaching points:

- ★ Approach the ball at a slight angle.
- ★ Place non-kicking foot alongside the ball, not too close so that it will prevent the natural swinging motion of the kicking leg.
- ★ The ankle of the kicking foot must be firm.