

Interpassing and Interchanging

Passing the soccer ball from one teammate to the next gives the opposing team their best chance to get the ball. This segment concentrates on teaching interpassing and interchanging skills to improve a team's chances of keeping possession of the ball and moving in for the goal.

BASIC POINTS COVERED:

1. Always keep ankle in a locked position when passing.
2. When passing with the inside of foot, toes should be pointed up.
3. When passing with the outside of the foot, toes should be pointed down.

TRAINING EXERCISES:

1. Two offensive players practice passing to each other with the inside and outside of the foot going for a goal against one goalkeeper.
2. The THROUGH PASS is practiced using the same player set-up.
3. A third offensive player is added increasing the passing challenges and possibilities.
4. A defensive player is introduced on the field to challenge the interpassing movement of the three attacking team members.
5. An extra defensive player is added to the field as well as a supplementary player called the schemer. The schemer supports the attacking team guiding the pattern of play and holding his team together.
6. Interpassing and interchanging skills are practiced in a real game situation.