

**Name/Title:** Inside of the Foot Pass

**Purpose of Event:** To teach students how to perform the inside of the foot pass.

**Suggested Grade Level:** K-2

**Materials Needed:** 1 soccer or other type of ball that can be kicked per set of partners.

### Description of Idea

First demonstrate the "**inside of the foot**" pass by kicking the ball to a student. Clue the class to watch which part of the foot you use to kick the ball; after kicking, have each student touch (on their foot) the part of the foot used. (If they don't touch the inside of the foot, demonstrate and introduce once again). Also introduce the "**foot trap**", performed by placing the foot onto the top of the ball as it moves toward you, in order to stop it (without using the hands).

Once students understand where the inside of the foot is and what this type of pass is to be used for (for passing the ball to a teammate; ball stays close to the ground), let students know they will be working with a partner for today's activity. Demonstrate the set-up:

Students should stand facing their partner, being approximately 5 to 7 yards apart. One student has the ball and passes the ball to his partner using the inside of the foot pass. The other student will then receive the ball by trapping it, then move back a step and pass it back to their partner using once again the inside of the foot pass. Students are to stay stationary while kicking the ball.

### **Variations:**

Have each set of partners set up a goal area by using two cones or other objects against a wall or fence. Each partner gets a turn to pass the ball to the goal using the inside of the foot pass. If the child makes it into the goal, he/she can next time move back a step (stones or other objects can be used by students to keep track of their "spot"). The non-kicking child can retrieve the ball as necessary.

Print out our [Inside of the Kick Cues](#) so kids can see the cues.

### **Assessment Ideas:**

Observe students as they kick. Use a [cue checklist](#) to record whether students either "rarely", "usually", or "almost all the time" use the inside of the foot to pass the ball to his or her partner.

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