

# 13 - Swerving the Ball

Don't be put off coaching the swerve pass, with regular practice a reasonable level of success can be achieved even by youngsters. By improving instep and swerve passing players are also adding to their repertoire of shots, a well struck swerve is almost impossible for a keeper to stop.

The outside swerve pass - with the outside or little toe side of the foot - is more difficult to control, but more powerful passes and shots can be achieved than with the slightly easier inside swerve pass. Try to create an environment where players have no fear of failure, a half-hearted attempt at a swerve pass has no chance of success.

Make sure you are using the correct size of ball for the age of the players you are working with. By adjusting the point of contact the ball can either be driven low or lofted. Players should be encouraged to practice until they can do both at will. Regular practice away from sessions will be needed by players who wish to master this skill.

## Coaching Points - Observe the following details:

- ✓ Observation and communication : Does the passer know where he is aiming at and the receiver is in touch?

### Inside Swerve Pass

- ✓ Make sure the ball is out from feet and wide of the kicking foot to give a wide-angled run up
- ✓ As the player steps up for the shot the non-kicking foot should be behind the ball and not too close
- ✓ Observe the point of contact with the ball is outside the vertical centre line
- ✓ For a driven pass contact should be with the horizontal mid-line
- ✓ The kick needs to be made with the forward part of the inside of the foot at the joint of the big toe
- ✓ The kick is across the face of the ball from inside to outside with a big follow through away from the body

### Outside Swerve Pass

- ✓ The starting position is much straighter : almost right in front of the player
- ✓ Again the standing leg should be behind and to the side - out the way of the kicking action
- ✓ Watch to see the foot is turned slightly in so that contact is with the outside of the foot on the joint of little toe
- ✓ Ball is struck inside of centre line with lots of follow through across the body giving plenty of spin
- ✓ To loft either of these passes contact needs to be lower on the ball with more lift on the follow through

## Useful Drills

17	Long Ball
31	Quarters