



Soccer Tutors : Areas of the boot

THE INSIDE

Probably the first area of the foot you will use for kicking.

Used for controlling and passing the ball with the greatest degree of accuracy.

THE TOP

The most powerful contact area of the boot.

The sweet spot, as some like to call it.

Used for driving the ball long distances, shooting and clearing.

THE INSTEP

Used more often than any other part of the foot.

Passing, crossing, chipping, shooting, the instep is used in the execution of all these arts.

THE OUTSIDE

Used for bending or swerving the ball around opponents.

Normally used from dead-ball situations.

