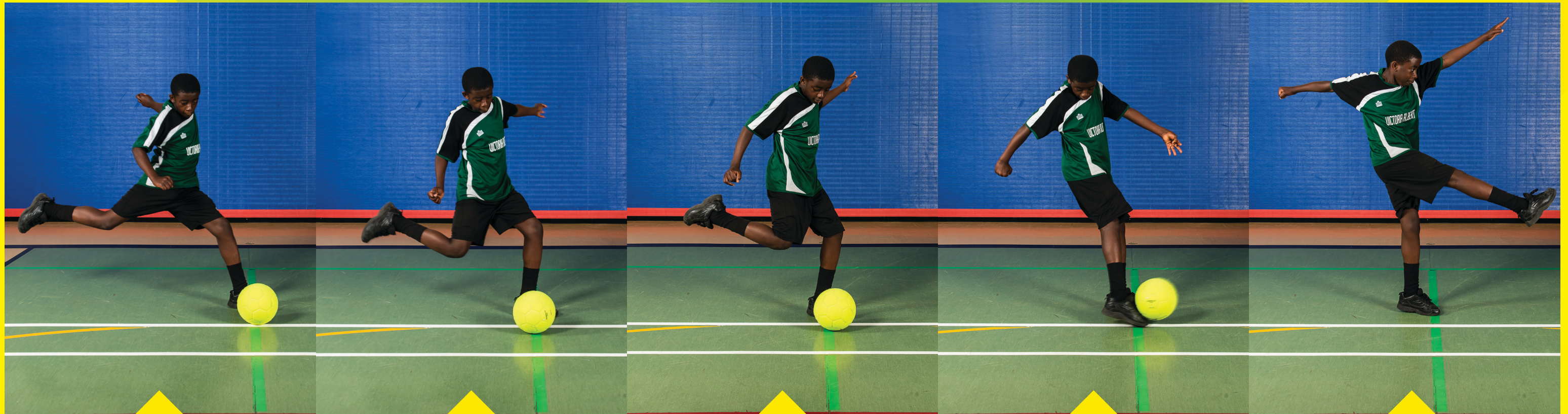




Scan QR Code to view video demonstration

Kicking



READY POSITION

- Eyes on target, step beside ball with non-kicking foot

ACTION

- Bends body at waist, initiating kick from hip

ACTION

- Knee over ball to make contact with the shoe laces

ACTION

- Swings arms in opposition to kicking leg

FOLLOW THROUGH

- Kicking leg continues through pointing to the target