



# KICKING



## Important Keys

- 1 I bring my arms forward as I get ready to kick.
- 2 I contact the ball below its center (to send it high) or behind its center (to keep it low).
- 3 I contact the ball with my shoelaces.
- 4 I lean back as I make contact with the ball.
- 5 I follow through by bringing my kicking leg forward and upward to my target.

