







# KICKING





## I bring my arms forward as I get ready to kick.



I contact the ball below its center (to send it high) **Or behind** its center (to keep it low).





### I lean back as I make contact with the ball.

I follow through by bringing my kícking leg forward and upward to my target.

KICKING



P

kick.

P



# KICKING

#### I bring my arms forward as I get ready to

I contact the ball below its center (to send it high) or behind its center (to keep it low).

I contact the ball with my shoelaces.

I lean back as I make contact with the ball.

I follow through by bringing my kicking leg forward and upward to my target.

