

KICKING TECHNIQUE

“HANDY HINTS FOR JUNIORS STARTING OUT”

SIX SIMPLE STEPS

1. Preparation – Hands in comfortable position. (‘Cradle’ the ball don’t ‘grip’ the ball).
2. Focus on stationary kicking technique before moving into kicking on the run.
3. Balance/Approach – steady run up in a straight line, relaxed body, build the momentum.
4. Release – kick the belly of the ball; use your non guiding arm for balance, point toe/lock ankle joint.
5. Follow Through – after kicking the ball, continue to move in that direction.
6. Practice, Practice, Practice!

COMMON FAULTS / CORRECTION CHART

FAULT	SUGGESTED CORRECTION
Excessive ball movement	Concentrate on keeping the ball over your kicking leg (pull back shoulder)
Drop ball with two hands	Hold on to upright post with non guiding arm – kick ball of one step
Poor spin on ball	Place more angle on the ball at starting position (may not see lace)
Early or twisted ball release	Place hand underneath the ball and check the size of the ball
Too much height on the kick	Lean body over the ball more (avoid leaning back) and lock ankle
Accuracy	Run between two cones and continue for 3 or 4 steps after the kick
Not using opposite foot	Every 2 nd kick should be on the opposite foot (practice)

“Where Winning = Development & Improvement”

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