KICKING TECHNIQUE - IMPROVEMENT TEMPLATE

Legend: **RL** = Required Level **IN** = Improvement Needed

Player Name	1. Is the ball being held appropriately (angle and grip)?	2. Is the player running in a straight line?	3. Is the player balanced and relaxed?	4. Is the ball dropped with one hand?	5. Is their excessive ball movement?	6. Is there an early or twisted ball release?	7. Does the player lean back on the kick?	8. Does the player kick the belly of the ball?	9. Does the ball spin correctly?	10. Does the player point toe/lock ankle?	11. Is the kick accurate?

NOTE: Criteria 8 refers to kicking the belly of the ball. This is the '<u>bottom third of the ball</u>' *NOT* the centre of the ball.

Craig Winter
E: craig@plan-to-win.com
M: 0416 173 300

Andy Hayman
E: andy@plan-to-win.com
M: 0418 328 958

Mark Fisher
E: mark@plan-to-win.com
M: 0407 550 847