

KICKING FOR JUNIORS - TEACHING POINTS & COMMON ERRORS

CONTROL THE BALL ONTO THE FOOT

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"> ➤ Release guiding hand as the kicking foot leaves the ground ➤ Release the ball from around hip level ➤ Non-guiding hand comes off the ball and swings up and back in an arc 	<ul style="list-style-type: none"> ➤ “Free Air” time & controlling the ball ➤ The ball is not vertical at impact due to the guiding hand being on an angle ➤ Observe from the ‘side’ and ‘front’

ACCELERATION OF THE LEG

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"> ➤ Penetration & distance is generated from a high level of lower leg speed ➤ Large ‘wind up’ Vs. ‘quick’ knee extension ➤ The follow through is not critical to the effectiveness of the kick 	<ul style="list-style-type: none"> ➤ Players head and trunk leaning to far forward ➤ Being un-balanced creates a lack of leg swing

FIRM FOOT

TEACHING POINTS	COMMON ERRORS
<ul style="list-style-type: none"> ➤ Players foot and ankle must be fully extended on impact (efficiency) ➤ Contact should be around the top of the laces (stability) ➤ Contact further down the foot will involve a less stable platform and less efficient contact (injury) 	<ul style="list-style-type: none"> ➤ Contacting the ball either to high (ankle) or to low (towards toes) ➤ The ‘firm instep’ (when the toes are pointed) should be contacting the ball