

## KICKING TECHNIQUE - IMPROVEMENT TEMPLATE

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 bottom 1/3 of the ball?	9. Does the ball spin correctly?	10. Does the player point toe/lock ankle?	11. Is the kick accurate?

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