

# Kicking Sequence

**Starting Position**



Balanced, Facing Plant Foot

**Jab Step- 6" Step**



Building Momentum, Toward Plant Foot

**Drive Step- Right Shoulder Closed**



Building Momentum, Hips Square

**Pre-Plant- Kicking Leg Cocked**



Gain Width on Plant. Glide, Don't Hop

**Plant Position- Get Width**



Eyes on the Ball, Lock Ankle @ Impact

**Leg & Ankle Lock- Before Impact**



Lock Out Leg. Toe Down, Heal Up.

**Follow Through- Keep Leg Locked**



Leg Through Target Line. Toe Down

**Skip- Leg Pulls Your Body**



Follow Through Pulls Body Down Field

**Finish Position- Hips Facing Target**



Body, Square & Balanced Down Field