

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