

Stage 1



Key Points at Each Stage

1. The kicker make a shuffle-type approach to the ball or stands still while kicking
2. The approach is straight-on
3. There is almost no preparation backswing with the foot
4. Contact is often made with the toe or even the shin
5. Arm action is erratic, and there is usually no follow-through

To Move to the Next Stage

1. Move toward the ball to start the kick
2. Bend the knee back
3. Watch the ball
4. Contact the ball with the toe

Cue Words

- Bend knee
- Toe on ball

Stage 2



1. The kicker makes a shuffle-type approach to the ball
2. The approach is straight-on
3. The knee is bent in the backswing
4. Most force comes from the knee action
5. Contact is often made with the toe
6. The follow-through with the leg is straight ahead

1. Start behind the ball and to one side
2. Stride toward the ball
3. Place the non-kicking foot to the side of the ball
4. The hip and knee are drawn back as far as possible
5. Strike the ball with the laces area of the foot
6. Follow through in the direction you want the ball to go

- Foot by ball
- Backswing hip and knee
- Follow-through

Stage 3



1. The kicker makes a multi-step approach to the ball
2. The approach is angled
3. The hip and knee are bent in the backswing
4. The force comes from the hip and knee action
5. Contact is made with the instep/laces area
6. There is good follow-through



Preparation

Force Production

Follow-through

Critical Instant

Participants with a Disability

Locomotor

For wheelchair users, kicking is not possible. For other locomotor disabilities, consult with the athlete/child/caregiver to ensure safety.

Sensory

For individuals with a visual disability, use a ball that provides an auditory cue so that participants can hear the ball move.

Intellectual

For individuals with an intellectual disability, keep instructions brief and simple. Demonstrate rather than explain, and review instructions frequently.