








# KICKING

Ciceáil



Target Pupil								Comments
Eyes focussed on the ball at all times		Head						
Approach the ball from behind and slightly to the side		Trunk						
Ensure that the trunk leans forward and the arm opposite the kicking leg swings forward during contact								
Place the non-kicking foot to the side of the ball		Legs						
Swing the kicking leg back to make an angle of at least 90 degrees								
Bring the kicking leg forward fast, making contact with the ball using the shoe laces or instep of the foot								
Follow through in the direction of the target								

Hints	What instructions should I give? Kick the ball as far as you can.	From where should I observe this skill? The side of the kicking leg.	What equipment do I need? A ball.