### HOW TO KICK A SOCCER BALL

- Before completing the task of kicking a soccer ball, it is important that you are wearing proper footwear. Ideally, you should be wearing either soccer outdoor cleats, soccer indoor shoes, or a comfortable pair of training sneakers. In addition to proper footwear, you will need a soccer ball (size 2-5)!

- It is important to realize that every situation is different in terms of the technique used to strike the ball. This tutorial is generalized for a basic passing kick.

1. Approach the soccer ball so that you are standing about a foot behind the ball.
2. Look at the ball. This will improve your accuracy and power. In this case, your target of sight will be the middle of the ball. **DO NOT LOOK UP WHILE KICKING THE BALL!** We all want to see where the ball goes, but picking your head up before completing the kicking motion will negatively impact the trajectory of the ball.
3. Position your place foot (non-kicking foot). Foot placement can vary depending on the type of kick that you wish to complete (pass, loft, strike, etc). Position your
place foot even with the side of the ball so that the inside of your non-kicking foot is a few inches away from the ball.

4. Point your place foot where you want the ball to go. Your toes should be pointing towards your target.

5. Swing your arms. To use your arms, raise the arm that corresponds with your place foot upward while you simultaneously move your other arm backwards. Keep in mind that your arm movement should be natural and athletic. Fluid movement with your arms improves balance and power.

6. Bring back your kicking leg. Bring your passing leg back a comfortable distance that is directly in line with the ball. The farther you bring your leg back, the more momentum created.

7. Lock the ankle of your kicking leg. Your foot should become firm and straight.

8. Keep your body straight. Since we are not striking the ball with pace or lofting the ball, your body should be tall and straight.
9. Position your body to face your target. Your body should be in alignment with your target.

10. The part of your foot that you kick the ball with depends on the type of kick that you are doing. For a pass, kick the ball with the inside of your foot.

11. Follow through. To follow through, continue your kick after you’ve made contact with the ball. Follow through towards your target to improve accuracy.