

Delivering force to a stationary or moving object with the foot.



- Stand behind the ball
- Step forward with non-kicking foot and plant it beside the ball
- Swing kicking leg backwards with knee bent
- Swing leg freely from hip and follow through swiftly
- Contact ball with instep or shoelaces just below centre of the ball
- Follow through towards the target
- Use arms to maintain balance

## I can also...

- punt a football
- use a "give and go" in soccer
- play sepak takraw

## Self Check Questions:

- Does my leg swing like a pendulum from backswing, through impact, to follow through?
- Is my leg bent when I strike the ball and extended when I follow through?
- Do I use my arms for balance?