




Fitba Technique Tip

A Tip for Youth Soccer Players

KICKING THE BALL

The correct method of kicking the ball has to be mastered before any passing or shooting success can be realized. Kicking the ball incorrectly can also cause unnecessary pain and discomfort.

KEY FACTORS:

-  The player must approach the ball at an angle, never straight on. Right foot player from the left side of the ball, left foot player from the right side of the ball.
-  Head down and eyes on the ball until the ball is kicked with arms wide for balance.
-  Player must follow-through (weight distribution) on contact with the ball.



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TIPS

Fitness Intelligence Technique Balance Attitude

PROGRAM

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