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| --- | --- | --- |
| Observation | Check | Comments |
| Approach* appropriate line up (angle and distance from the ball)
* running approach
* firm plant foot
* full swing through from the hips
* hip extension moving to flexion
* knee flexion moving into extension
* ankle angle hitting the ball
* torso remains upright, some rotation
* ball angle and position on contact
* Timing and sequencing
 | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |
| Contact* maximum hip flexion
* maximum knee extension
* maximum ankle plantarflexion
* full follow through
* ball spirals
* speed of the kick
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| Result* ball too high
* ball too low
* ball too short
* ball too long
* ball went right
* ball went left
* went through the middle
 | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |