|  |  |  |
| --- | --- | --- |
| 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 | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ |  |
| Result   * ball too high * ball too low * ball too short * ball too long * ball went right * ball went left * went through the middle | \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_ |  |