

U6/U8 – Week 1 LTPD Session: How to Kick a Soccer Ball Properly

Learning the basics of soccer requires learning first of all to kick the ball. You'll use the inside of the foot to pass the ball and the instep or laces to add power. Focus on making solid contact, not swinging hard at the ball. To keep the ball low, keep the knee of your kicking foot over the ball as you make contact.



Fundamentals

Step 1: Stand over a stationary soccer ball. Put your strong foot--your right foot if you're right-footed, left foot if you're left-footed--a few inches behind the ball.

Step 2: Point your toes point out to the side; the inside of your foot should be closest to the ball. Put your other foot to the side of the ball. Spread your feet shoulder-width apart.

Step 3: Put your weight on your non-kicking foot as you pull back the foot behind the ball a few inches. Swing your foot forward so that the inside of your foot makes contact with the middle of the ball.

Step 4: Keep your ankle locked so that the inside of your foot makes solid contact and the ball moves forward in the direction in which your shoulders are pointed. Follow through with your kicking foot so that it moves in the direction the ball is traveling.

Step 5: Toss the ball ahead of you several yards to practice running onto the ball for your kick. Move up to the ball to kick it, planting your foot to the side of the ball and making solid contact with the inside of your kicking foot.

Kicking for Power

Step 1: Put your planted foot to the side and your kicking foot behind the ball.

Step 2: Point your toes towards the ground as you swing your kicking leg back. Point the laces of your cleats towards the ball.

Step 3: Make contact with the ball with the laces of your cleats as you swing your kicking foot forward. Keep your ankle locked as you make contact to keep your toes pointed toward the ground.

Step 4: Follow through in the direction the ball is traveling. Use a sweeping motion so that the foot follows through forward like a broom, not up in the air.

Step 5: Kick as you move to the ball for an additional challenge. Plant your non-kicking foot to the side and swing through with your kicking foot.

Read more: <http://www.livestrong.com/article/242128-how-to-kick-a-soccer-ball-properly/#ixzz1vXCxsb1>