



- IN COACHING : DON'T USE THE WORDS 'DON'T' OR 'CAN'T' (J.F.M. 97)

## HOW TO KICK

1. TOP OF THE LACES (SWEET SPOT)
2. TOE DOWN (HARD FOOT) • USE TOP<sup>\*</sup> SPIN • FAST/LOW ; BOTTOM SPIN • HIGH. (BACK)
3. DRIVE FROM ELEVEN TO TWELVE O'CLOCK - LEFT FOOT } 'J' SHAPE.  
" " ONE TO TWELVE O'CLOCK - RIGHT FOOT }
4. SHOULDERS, CHEST, FOOT FOLLOW THROUGH IN DIRECTION BALL TO BE DELIVERED. / SWING FAST FROM BUTTOCK.
5. HEAD DOWN THROUGH SWING, COMES UP ONLY WITH FOLLOW-THROUGH.
6. HEAD OVER BALL, 'FOLLOW THROUGH' LEG STRAIGHT ON MEANS CAN CONTINUE MOVING FORWARD.
7. TWO HANDS HELD - 'SET BALL ON SHELF' / KICK THROUGH GATE.
8. 'LONGEST' HAND STAYS LONGEST ; 'SHORTER HAND' (~~AND~~ <sup>HAND</sup> INSIDE) STAYS OVER THIGH OF KICKING FOOT.

## FOR FREE-KICKS.

1. SPOT OR STITCHING. (CONCENTRATE ON LINE OF 2" ; STITCH LINES POINT WITH KICK)
2. FOLLOW THE LINE • 'J' SHAPE KICK ; 'CHEST TO BALL'
3. HIT THE TARGET HIGH • AIM FOR POINT DIRECTLY ABOVE BLACK SPOT BUT HIGH UP POSTS. 
4. TRACE 'PATH LINE' BACK TO SPOT.  (SWEET SPOT OF BALL)
5. 3 STEPS BACK ; 3 STEPS TO SIDE. (CAN BE ADJUSTED) (SEE 2)

FOR PLAYER : 'FEEL/HEAR' SKILL IF IT FEELS/SOUNDS RIGHT, IT IS RIGHT.

FOR COACH : OBSERVE SKILL DOES IT LOOK RIGHT.

## HOW TO CATCH

1. FINGERS SPREAD 'W' SHAPE.
2. LEAP WITH 'LEAD' LEG ; ELBOWS BENT READY TO STRAIGHTEN.
3. BALL CAUGHT IN FRONT OF FACE AT ANGLE OF 45°
4. 'OPEN' EYES FIXED ON BALL.

JOHN F. MORRISON • OCT, 97