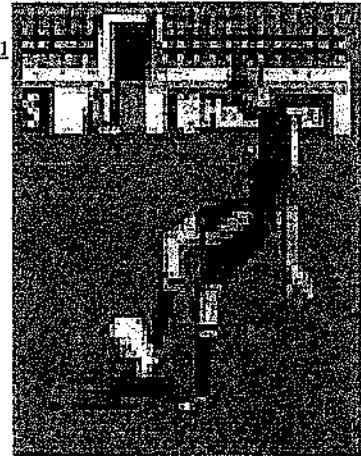


THE KICK

JFM NOV 2011



✓ WHERE KICKING SITS IN THE BRAIN?

- (i) An Automatic 'Global' skill using muscle memory.
- (ii) 'Global' skills have FINITE parts.

✓ MOTOR DEVELOPMENT

- A Gross Motor Skill [Big Bones; Big Movements]

✓ MECHANICS OF A KICK

- based on **HEAD, HANDS, FEET.**

- (i) CONTACT = HARD FOOT [TOE DOWN; OFF LACES]
- (ii) POWER = FAST LEG [WEIGHT OF PASS]
- (iii) DIRECTION = CHEST ON/LEG ON

✓ TYPES OF KICK

- THE CLOCK EFFECT [depending on which foot]

- e.g. - 6 o'clock = PUNT
- 12 o'clock = BACKSPIN
- 3 & 9 o'clock = CURLER [outside/inside of foot]
- 1,2,10,11 o'clock = HOOK KICK [shoulder on for direction]
- 4,5,7,8 o'clock = SWITCH PLAY/DIAGONAL

✓ FOOT ANGLE EFFECT

- e.g. - 30 degree angle - Long Leg = Long Pass or Point [Long Range]
- 60 degree angle - Short Leg = Dipper - Shot dipping over keeper
- 90 degree angle - Short Leg = Daisy Cutter [Shooting for Goals, Low]

✓ USES OF KICK

- Passing ; Scoring ; Relieving ; Penetrating ; Set Pieces.

✓ CATEGORIES OF KICK

- (i) On the run
- (ii) On the turn
- (iii) On the loop

✓ COMMON ERRORS

-INTERNAL: Cross Kicking [don't break the glass] ; Use of Hands ; Head Up ; Poor Contact ; 'Pulling'/Learning ; 'Chest Off' ; Over/Under Hit ; Poor Vision.

-EXTERNAL: Wind ; Distractions [crowd, call by team-mate off putting] ; Poor Decision Making ; Wrong Studs ; Ground Conditions.