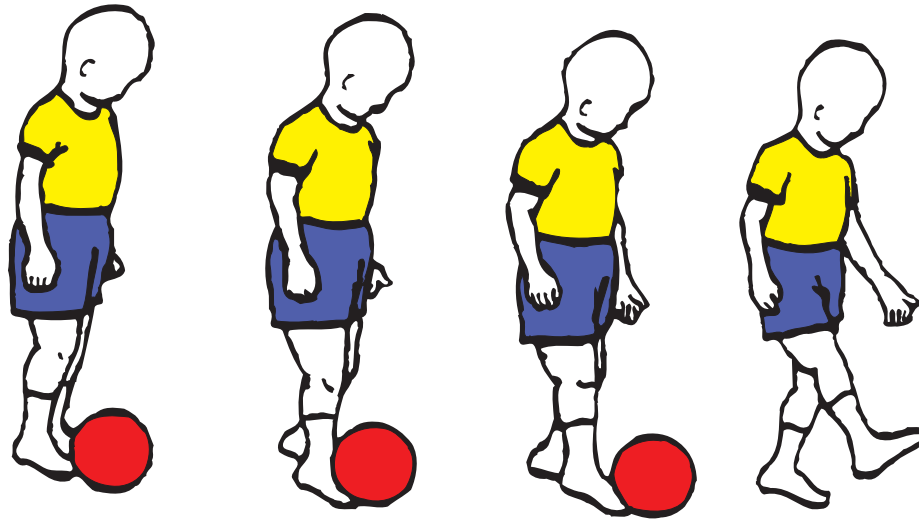
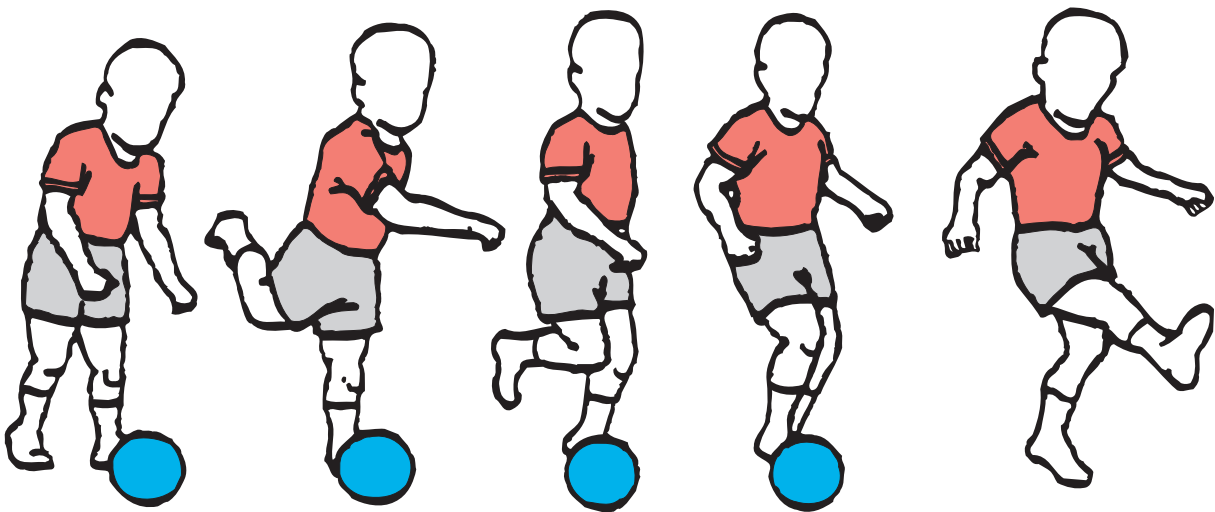


I. Kicking	
<b>A</b> Initial stage	<ol style="list-style-type: none"> <li>1. Movements are restricted during kicking action</li> <li>2. Trunk remains erect</li> <li>3. Arms are used to maintain balance</li> <li>4. Movement of kicking leg is limited in backswing</li> <li>5. Forward swing is short; there is little follow-through</li> <li>6. Child kicks "at" ball rather than kicking it squarely and following through</li> <li>7. A pushing rather than striking action is predominant</li> </ol>
<b>B</b> Elementary stage	<ol style="list-style-type: none"> <li>1. Preparatory backswing is centered at the knee</li> <li>2. Kicking leg tends to remain bent throughout the kick</li> <li>3. Follow-through is limited to forward movement of the knee</li> <li>4. One or more deliberate steps are taken toward the ball</li> </ol>
<b>C</b> Mature stage	<ol style="list-style-type: none"> <li>1. Arms swing in opposition to each other during kicking action</li> <li>2. Trunk bends at waist during follow-through</li> <li>3. Movement of kicking leg is initiated at the hip</li> <li>4. Support leg bends slightly on contact</li> <li>5. Length of leg swing increases</li> <li>6. Follow-through is high; support foot rises to toes or leaves surface entirely</li> <li>7. Approach to the ball is from either a run or leap</li> </ol>
II. Developmental difficulties	
<ol style="list-style-type: none"> <li>A. Restricted or absent backswing</li> <li>B. Failure to step forward with non-kicking leg</li> <li>C. Tendency to lose balance</li> <li>D. Inability to kick with either foot</li> <li>E. Inability to alter speed of kicked ball</li> <li>F. Jabbing at ball without follow-through</li> <li>G. Poor opposition of arms and legs</li> <li>H. Failure to use a summation of forces by the body to contribute to force of the kick</li> <li>I. Failure to contact ball squarely or missing it completely (eyes not focused on ball)</li> <li>J. Failure to get adequate distance (lack of follow-through and force production)</li> </ol>	

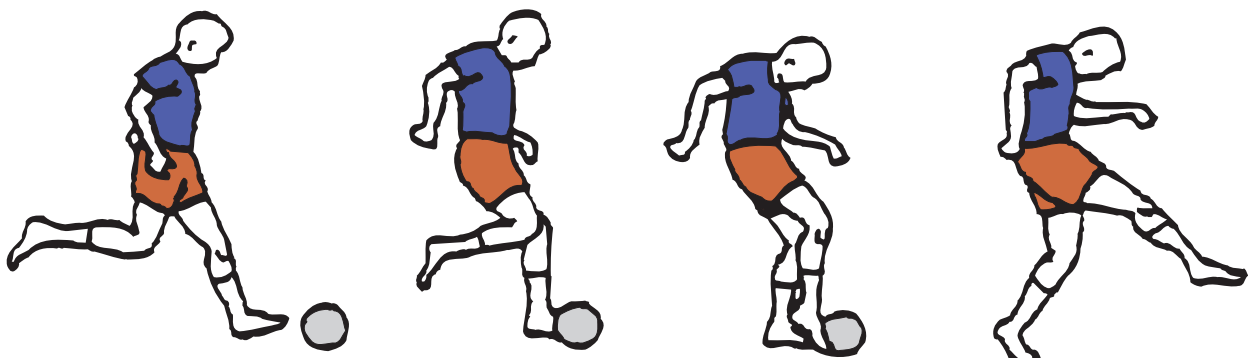
Initial



Elementary



Mature



From F. Cleland Donnelly, S.S. Mueller, and D.L. Gallahue. 2017, *Developmental physical education for all children: theory into practice*, 5th ed. (Champaign, IL: Human Kinetics).