

## Manipulative Skill: Kicking

Rating	Body	Space	Effort	Relationship
Advanced	Mature performance (as described in the box below) Can consistently loft ball or kick it low.	Kicks to medium and far distances to targets of varying size.	Can generate appropriate force for required distance.	Can consistently kick to specified area.
Proficient	<p>Preparation</p> <ul style="list-style-type: none"> <li>• Eyes focus on ball.</li> <li>• Uses two- or three-step approach with last step on nonkicking foot.</li> <li>• Nonkicking foot is placed beside and slightly behind ball.</li> </ul> <p>Execution</p> <ul style="list-style-type: none"> <li>• Leg action is from knee down.</li> <li>• Contacts ball with shoelaces.</li> <li>• Contacts middle of ball for low kick (trunk leans forward).</li> <li>• Contacts bottom of ball for lofted kick (trunk leans backward).</li> </ul> <p>Follow-through</p> <ul style="list-style-type: none"> <li>• Leg extends toward target at low level.</li> </ul>	Kicks to medium distance and large targets.	Can generate medium force with approach.	Can kick to specified large area on occasion.
Developing	<p>Preparation</p> <ul style="list-style-type: none"> <li>• Eyes focus on ball.</li> <li>• Nonkicking foot is placed beside and slightly behind ball with no approach.</li> </ul> <p>Execution</p> <ul style="list-style-type: none"> <li>• Leg action is from knee down.</li> <li>• Contacts ball with shoelaces.</li> <li>• Cannot control level of kick by foot placement on ball.</li> </ul> <p>Follow-through</p> <ul style="list-style-type: none"> <li>• Leg extends toward target at low level.</li> </ul>	Kicks to close distance and large targets.	Can generate medium force.	Cannot kick to specified target area.
Beginning	<p>Preparation</p> <ul style="list-style-type: none"> <li>• No approach is used.</li> <li>• Needs markers on floor for placement of nonkicking foot.</li> </ul> <p>Execution</p> <ul style="list-style-type: none"> <li>• Kicks from hip rather than knee-on-down action.</li> </ul> <p>Follow-through</p> <ul style="list-style-type: none"> <li>• Follow-through is high and not consistently toward target.</li> </ul>	Can kick to close distances; direction of kick is unpredictable.	Generates little force.	Can kick only to very large area.