

**POWER STANDARD 1: I Can Move Correctly****SOCCER—INSTEP PASS**

Name: \_\_\_\_\_

Please circle the best choice for each of the biomechanical principles.

Opposition	Weight transfer	Torque	Follow-through	Tracking
Plant right foot, pass with right foot	Weight goes from front foot to back foot	Weight follows the ball	Kicking foot crosses midline of body	Eye on the ball
Swing with left foot, plant with right foot	Weight goes from back to front	Turn hips and shoulders to target	Kicking foot ends up on ball	Hips face the ball
Step in direction of your shot	Weight goes from side to side	Stepping power	Kicking leg lands forward	Kicking at the ball
Follow your pass		Watch the ball	Plant leg crosses midline	Slide tackle

From G. Bert and L. Summers, 2013, *Meeting physical education standards through meaningful assessment* (Champaign, IL: Human Kinetics).