

Within each skill is a progression that provides steps to help athletes perform and coaches to teach that skill. The Kicking & Punting skill is broken down into four Skill Elements: Prepare, Contact Mechanics, Power, Finish. Within each core Skill Element are detailed Key Performance Indicators (KPIs) that help coaches see where the athlete excels and where more work is needed. These are listed in each box in the chart and broken down by age.



	PREPARE	CONTACT MECHANICS	POWER	FINISH	FITNESS
5+	Body Position <ul style="list-style-type: none"> Proper lean and balance Stable base 	Eye/Foot Coordination <ul style="list-style-type: none"> Maintain vision on contact point through connection Drop <ul style="list-style-type: none"> Drop the ball, don't toss it 	Leg Swing <ul style="list-style-type: none"> Generate force at point of contact Swing the leg through contact 	Follow Through <ul style="list-style-type: none"> Maintain balance through contact Follows up and through towards target 	Endurance: High 5 - Marching + Galloping Flexibility: High 5 - Triangle Pose + Cat Cow Strength: High 5 - Inchworms + Calf Raises
8+	Body Position, plus: Footwork <ul style="list-style-type: none"> Approach the ball with coordinated movement Plant Foot <ul style="list-style-type: none"> Plant foot positioned even with ball Point plant foot in the direction of the kick 	Eye/Foot Coordination & Drop, plus: Foot Position <ul style="list-style-type: none"> Shoelaces connect with the ball 	Leg Swing	Follow Through, plus: Leg Drive <ul style="list-style-type: none"> Fluid motion from first step through follow through 	Endurance: High 5 - Leaping + Running Flexibility: High 5 - Wrist and Ankle Rotations Strength: High 5 - Seated Leg Lifts + Crab Kicks

Note: Please make adaptations where and when as needed for these activities.

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	PREPARE	CONTACT MECHANICS	POWER	FINISH	FITNESS
10+	Body Position, Footwork, Plant Foot	Eye/Foot Coordination, Drop & Foot Position, plus: Strike Point <ul style="list-style-type: none"> Connect with center of ball on punts Connect with the ball slightly below its center on place-kicks Ankle and knee are locked at the point of contact 	Leg Swings, plus: Backswing <ul style="list-style-type: none"> Bring the kicking leg back as far as possible Use backswing to create momentum 	Follow Throw & Leg Drive	Endurance: High 5 - High Knees Jog in Place + Mountain Climbers Flexibility: High 5 - Hamstring scoops + Walking Toe Touch Strength: High 5 - Arm and Leg Raises + Frog
12+	Body Position, Footwork, Plant Foot	Eye-Foot Coordination, Drop & Foot Position & Strike Point	Leg Swing & Backswing, plus: Extension <ul style="list-style-type: none"> Leg is extended up through the football 	Follow Throw & Leg Drive	Endurance: High 5 - Seal Jacks + Jog in Place Flexibility: High 5 - Standing Hamstring Stretch + Walking Quad Stretch Strength: High 5 - Side Leg Raises + Reverse Lunge

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