

Technique Tip INSTEP DRIVE (Power Kick) 6/2005

EXECUTION	OBJECT	POSSIBLE ERRORS	OBSERVE
-Slightly angled approach	-Shooting	-Approach to the ball is straight	-Slightly curved approach
-Standing foot is next to the ball at point of impact. Pointed at the target	-Crossing	-Upper body is leaning too far back	
-Kicking foot is pointed, toe down, ankle locked. No "floppy" toe	-Long passing	-Ball is not struck with laces or straight through center of ball	-Lean slightly over the ball
-The contact surface is the instep (laces)		-The toe is not pointed	-Foot stays pointed after the kick, ankle locked, follow through straight at target
		-Hips are not square to target	
		-Follow through is not straight	