

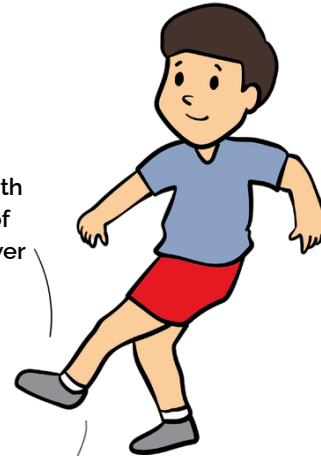
STRIKING FOR GOAL



Strike the ball with
the laces part of
your foot for power



Follow through in
the direction you
want the ball to go



Step beside the ball
with your non-
kicking foot

