|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Name/  Trials | Sally | |  | |  | |  | |  | |
|  | Instep kick | Outside kick | I | O | I | O | I | O | I | O |
| 1 | 2 | 3 |  |  |  |  |  |  |  |  |
| 2 | 2 | 3 |  |  |  |  |  |  |  |  |
| 3 | 3 | 2 |  |  |  |  |  |  |  |  |
| 4 | 1 | 2 |  |  |  |  |  |  |  |  |
| 5 | 1 | 2 |  |  |  |  |  |  |  |  |
| 6 | 3 | 1 |  |  |  |  |  |  |  |  |
| 7 | 4 | 3 |  |  |  |  |  |  |  |  |
| 8 | 4 |  |  |  |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |  |  |  |  |

**4** = All critical elements all of the time

**3** = 3 of 4 critical elements

**2** = 2 of 4 critical elements

**1** = of 4 critical elements

**Critical Elements**

|  |  |
| --- | --- |
| **Instep kick** | **Outside kick** |
| * Approach the path of the ball from a 45-degree angle. * Same as inside of foot push pass except the grounded foot is approximately 10 to 18 inches to the side of the ball. * Contact foot lifted with toe pointed down. | * Alignment to ball. Same as inside of foot pass. Base. Same as for inside of foot pass. * Whole body position. Contact foot lifted with the toe extended down and rotated inward. |