Passing Visual Assessment

Points Possible: 6

\_\_ Approach the ball
\_\_Plant and position of support non-kicking foot (toe pointed in direction of where the player wants the ball to go)
\_\_Contact the ball with locked ankle
\_\_Outside of foot pass- toes are pointed down. Inside of foot pass-toes are pointed up
\_\_ Follow through- Kick through the ball
\_\_ Transfer weight forward

Total Points: \_\_/6