

Penalty Kick

Soccer



Purpose of the Skill

- Get a GOAL!
- member of team commits foul within 18 yd box
- member on opposing team awarded PK at 12 yd line

Concepts of Physics:

- Law 1 - Inertia
- Law 2 - Acceleration
- Law 3 - Equal/Opposite

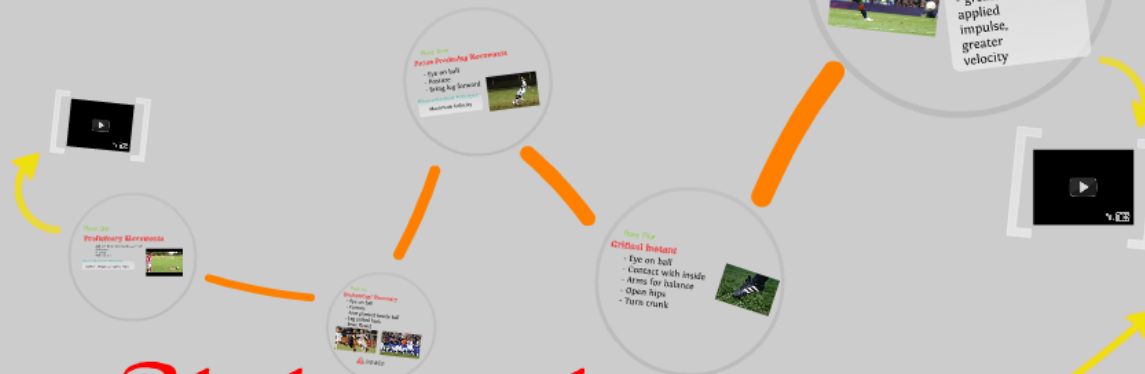
How the Follow Through

- Smooth follow through
- Foot carries through (target)
- Eyes follow ball -> target



Biomechanical Principles:

- Linear Motion
- greater the applied impulse, greater velocity



Policy Statement And Preliminary Bond Selections

TheCasesolutions.com



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You Tube