

## Football Kicking Ladder

In order to return to playing, practise these kicking techniques from 1 to 8, in strict order. When you can repeat each level 10 times, without any pain, progress to the next level.

8	Inside foot drive
7	Hooked (outside foot) drive
6	Half volley/full volley forward and then angled
5	Stronger forward drive
4	Forward drive
3	Gentle chip shots
2	Gentle forward strokes
1	Juggling ball on the spot