1 Kicking & Punting
   Manipulative Skills

2 Kicking
   - Children must develop a foundation of kicking skills
     - They must have:
       - A variety of opportunities to practice, &
       - Use of the skill in a variety of situations.
     - Emphasis is on development of a mature kicking pattern
       - Kicking for distance leads to development of a mature kicking pattern
     - Accuracy is stressed later

3 Punting
   - Punting is a form of kicking.
     - The ball is released from the hands and kicked while it’s still in the air.
   - Punting is introduced after children have developed a mature kicking pattern.