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Kicking a soccer ball is situational. - Depending where you are on the field or what your objective is, the kick may be different. - The different kicks might differ in force and distance based upon technique. - Examples: cross, shot, and goal kicks compared to a pass in a combination play.

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Successful kicking mechanics could be defined as a mechanically efficient movement pattern that is repeatable, consistent and accurate in its outcome. The kicking action can be split up into six stages: The angle of approach before striking the ball is the first stage. If you observe a toddler striking a ball, you will see that they run straight on and kick the ball head on.

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