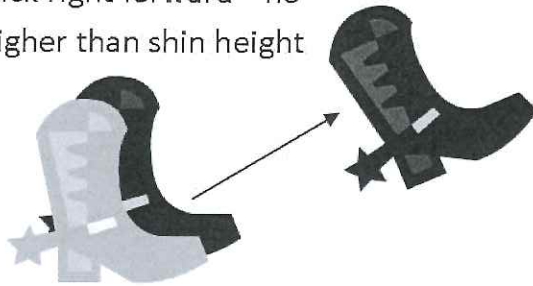


Right Kick Ball Change

Level: Beginner

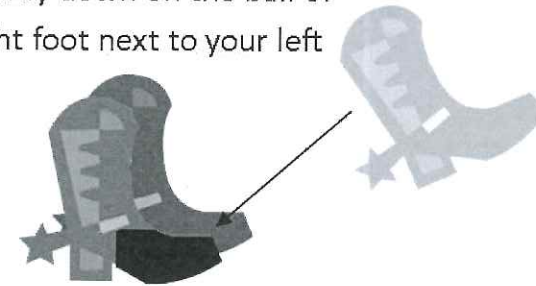
1

Kick right forward—no
higher than shin height



2

Step lightly down on the ball of
the right foot next to your left



3

Step down on the left foot

(in place)

