

# What 3 things does every great kicker do?



**1) CSP = Consistent Starting Point.** Every great kicker has a method of getting to their exact CSP... every time. The "step off" must be practiced and perfected, because if the CSP is inconsistent, the kicks will be inconsistent.

**2) Tempo.** Every great kicker maintains their SAME tempo leading into the kick. All kickers have a specific tempo that matches their body type and their personal style of kicking. There are fast tempos, medium tempos, and even slow tempos leading into the kick. If this tempo varies, so will the kicks.

**3) Head Down.** Every great kicker keeps their head down, steady and still throughout the kicking motion. The head has weight and mass, and when the head moves, the shoulders react, the torso follows, and the result is a mis-hit and possibly a missed kick. Keep the head down, focus on solid contact of foot meeting sweet spot of ball, and finish the kick before raising the head to watch the flight of the ball.

