How to Kick a Footy

Teach NAB AFL Auskickers how to kick a football by following these simple steps!

1. **Keep the ball vertical**
   Each Auskicker is to hold the ball vertically over their preferred kicking leg.

2. **Point laces forward**
   Ask each Auskicker to grip the ball loosely using both hands, with laces facing outward.

3. **Relax arms**
   Ask Auskickers to relax their arms and then guide the ball down with one hand over their preferred kicking leg.

4. **Point toes**
   Auskickers are to bring their foot towards the ball, whilst pointing their toes. The aim is to hit the ball with their shoelaces, remembering to follow through.

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