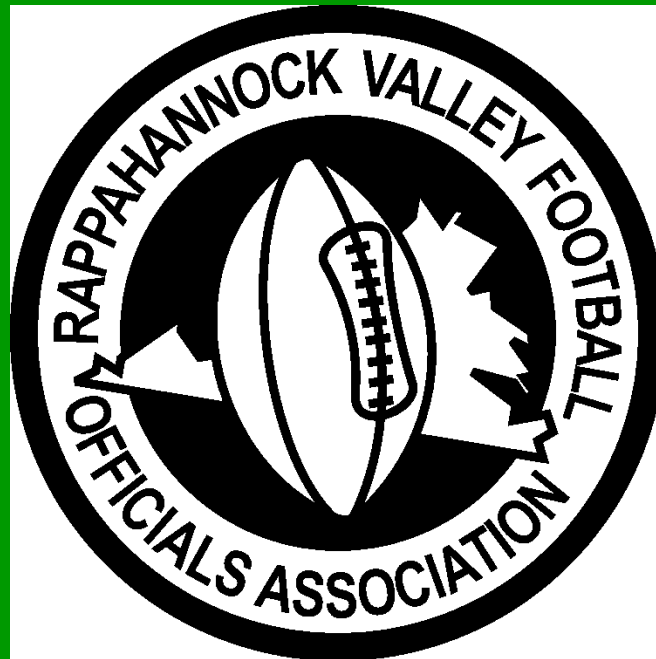
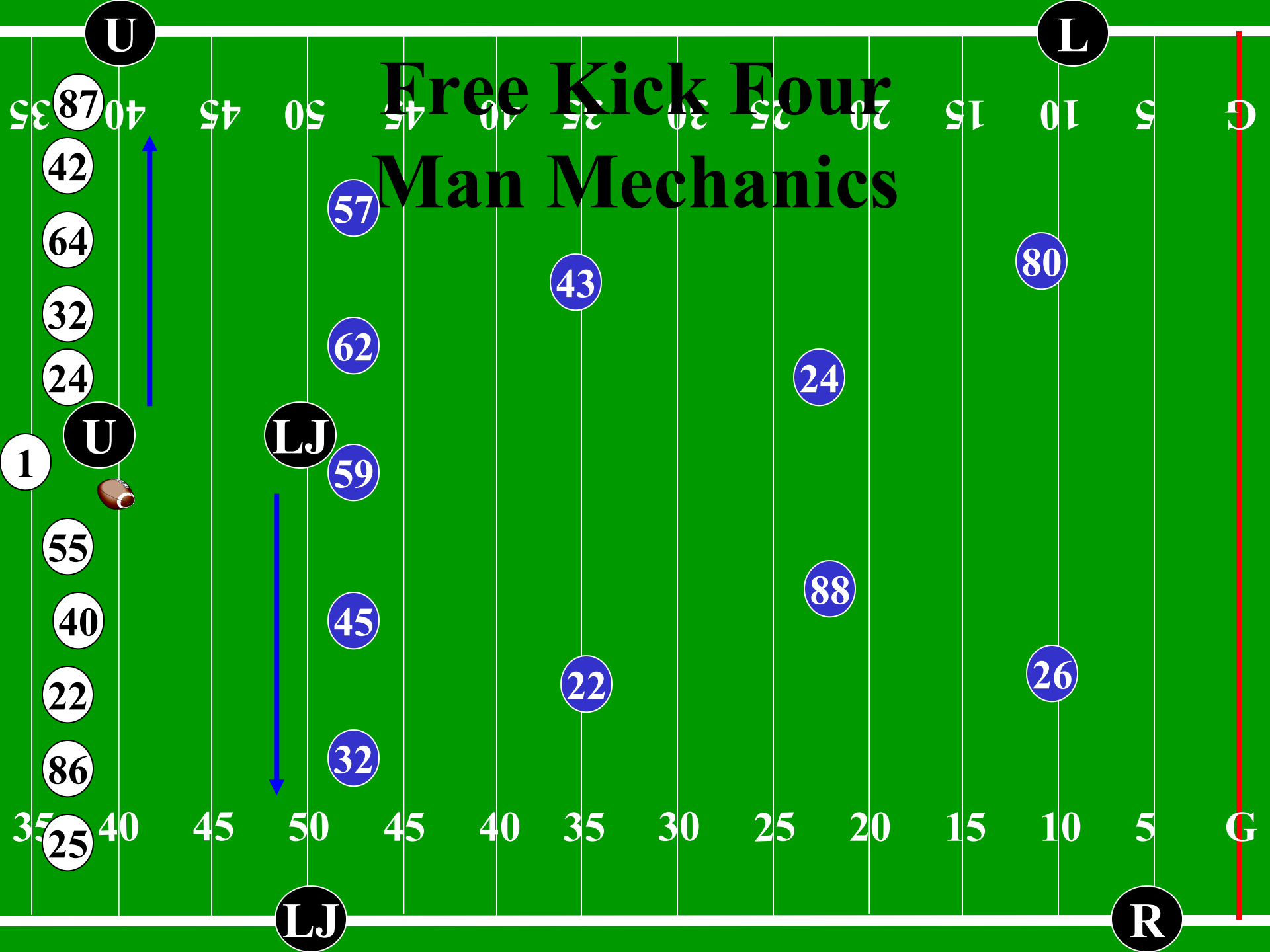


Rappahannock Valley Football Officials Association

Kick Mechanics – Review 2018



Free Kick Four Man Mechanics

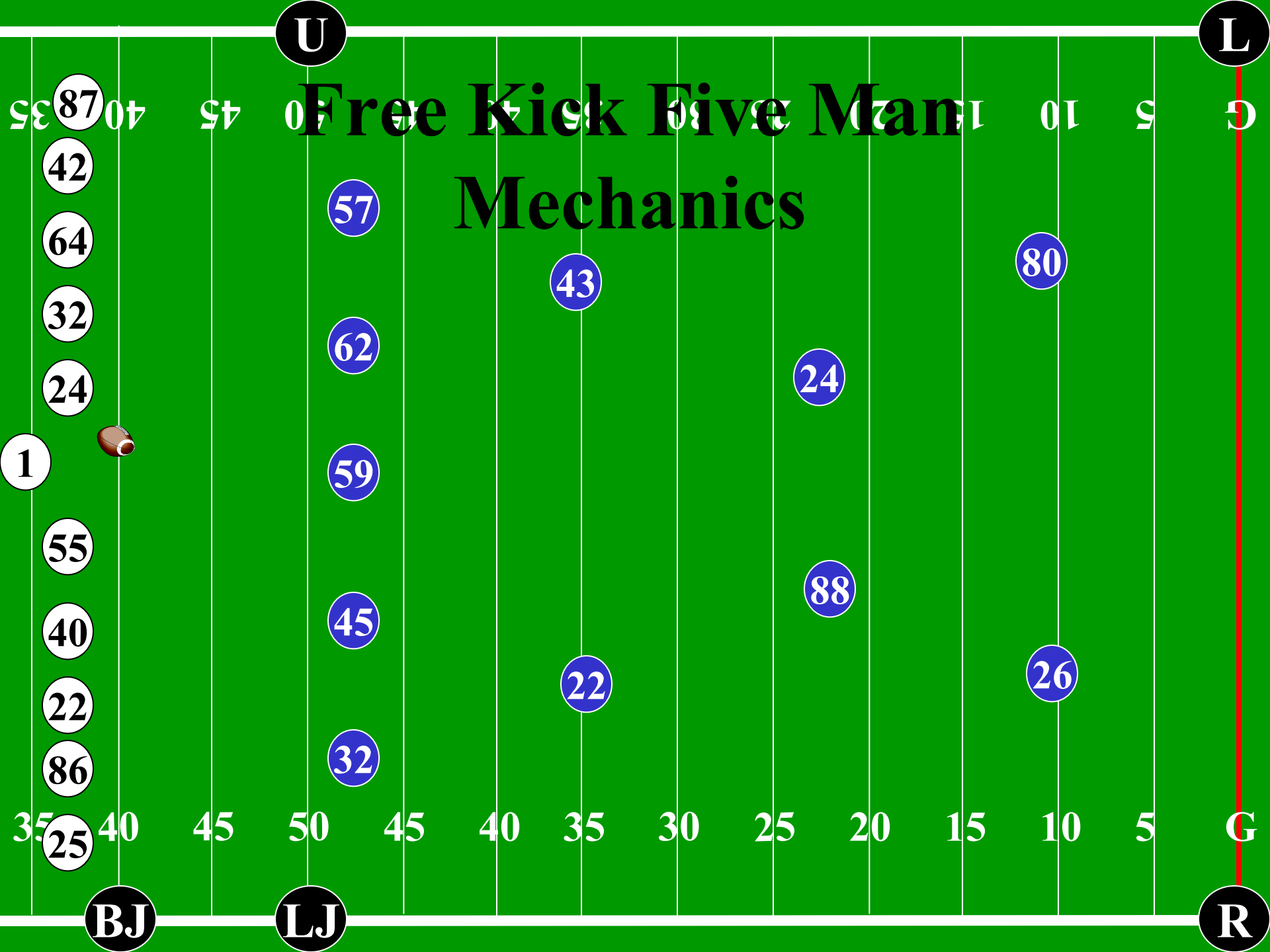


U

L

Free Kick Five Man

Mechanics

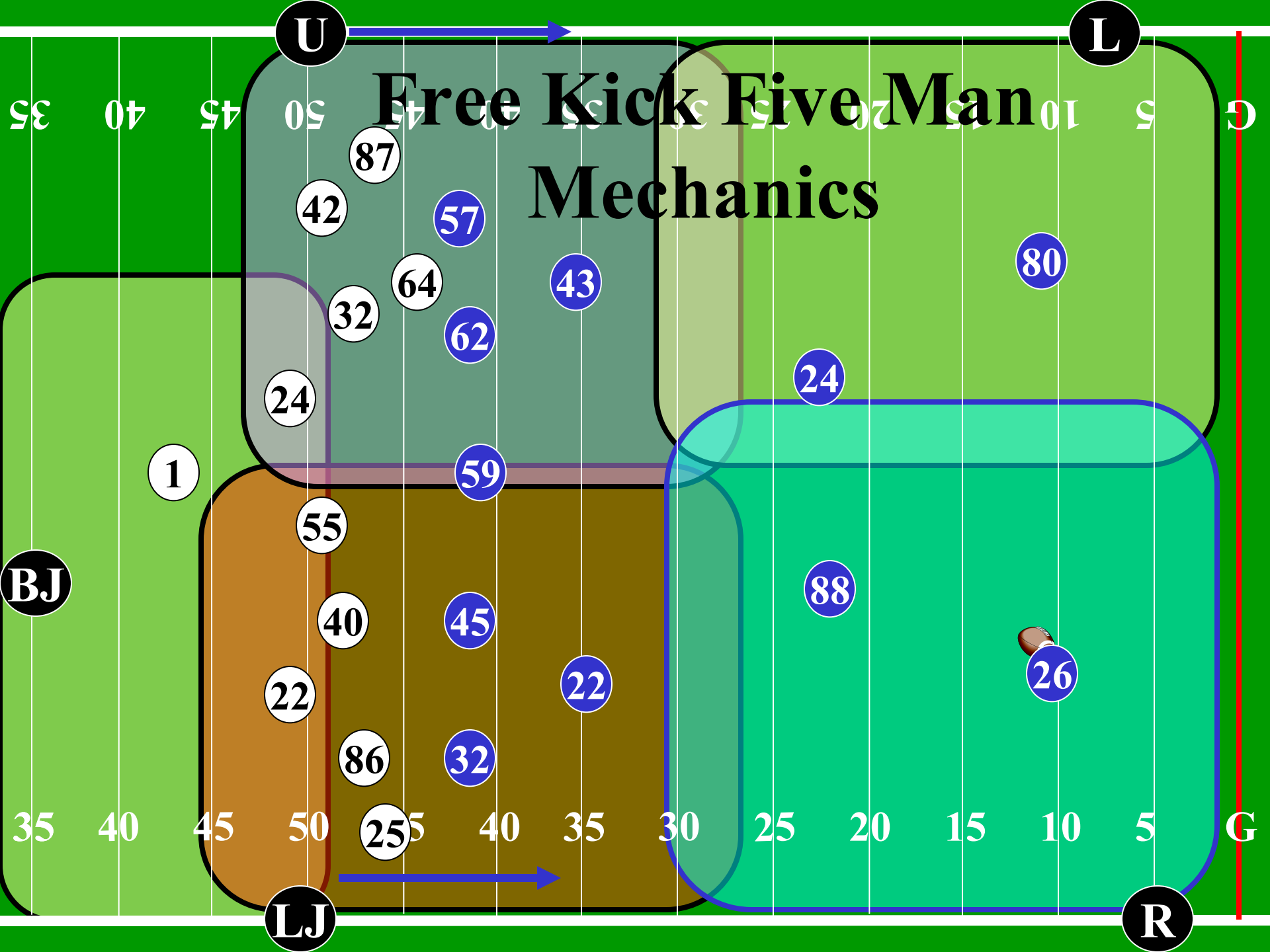


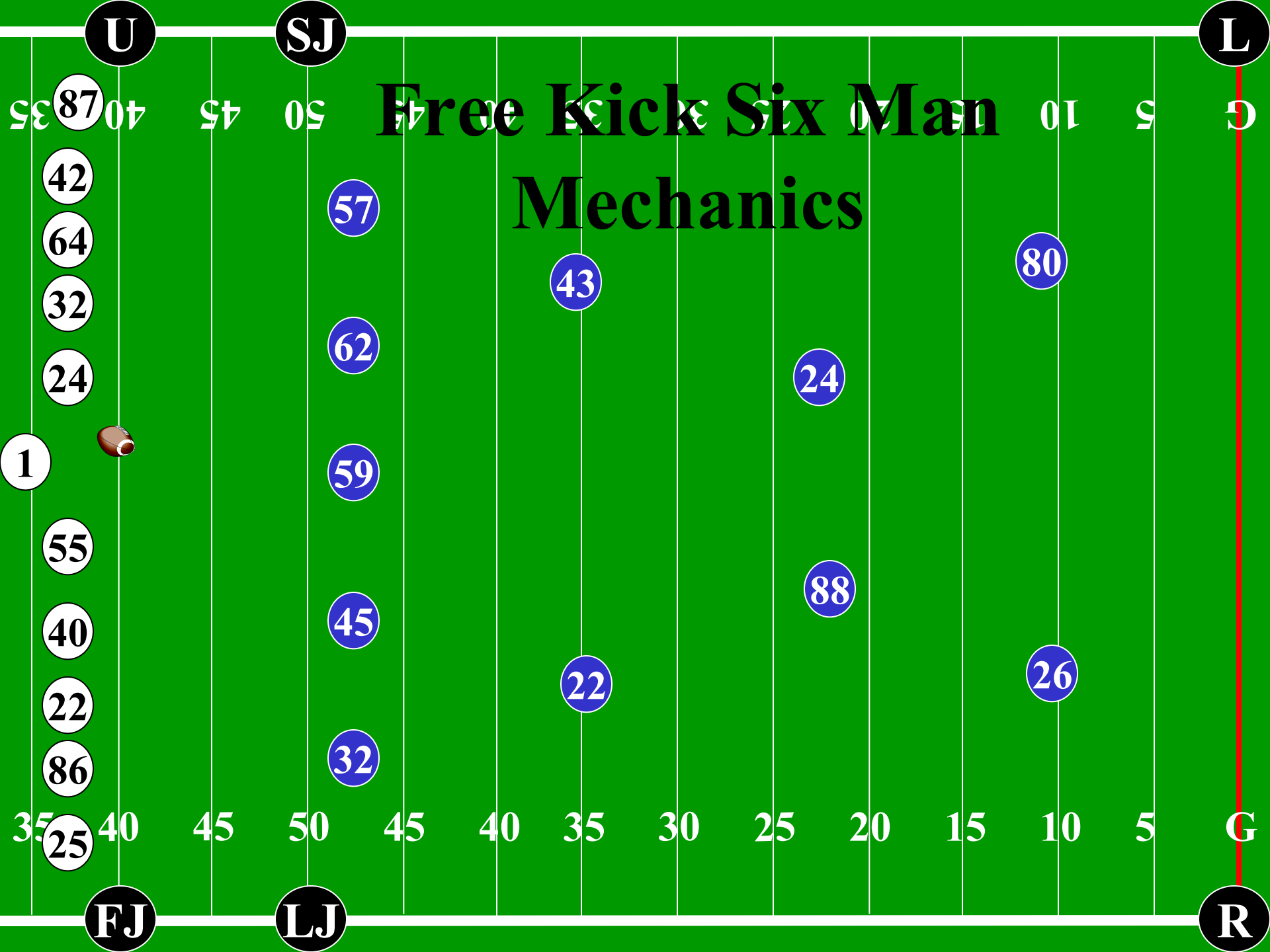
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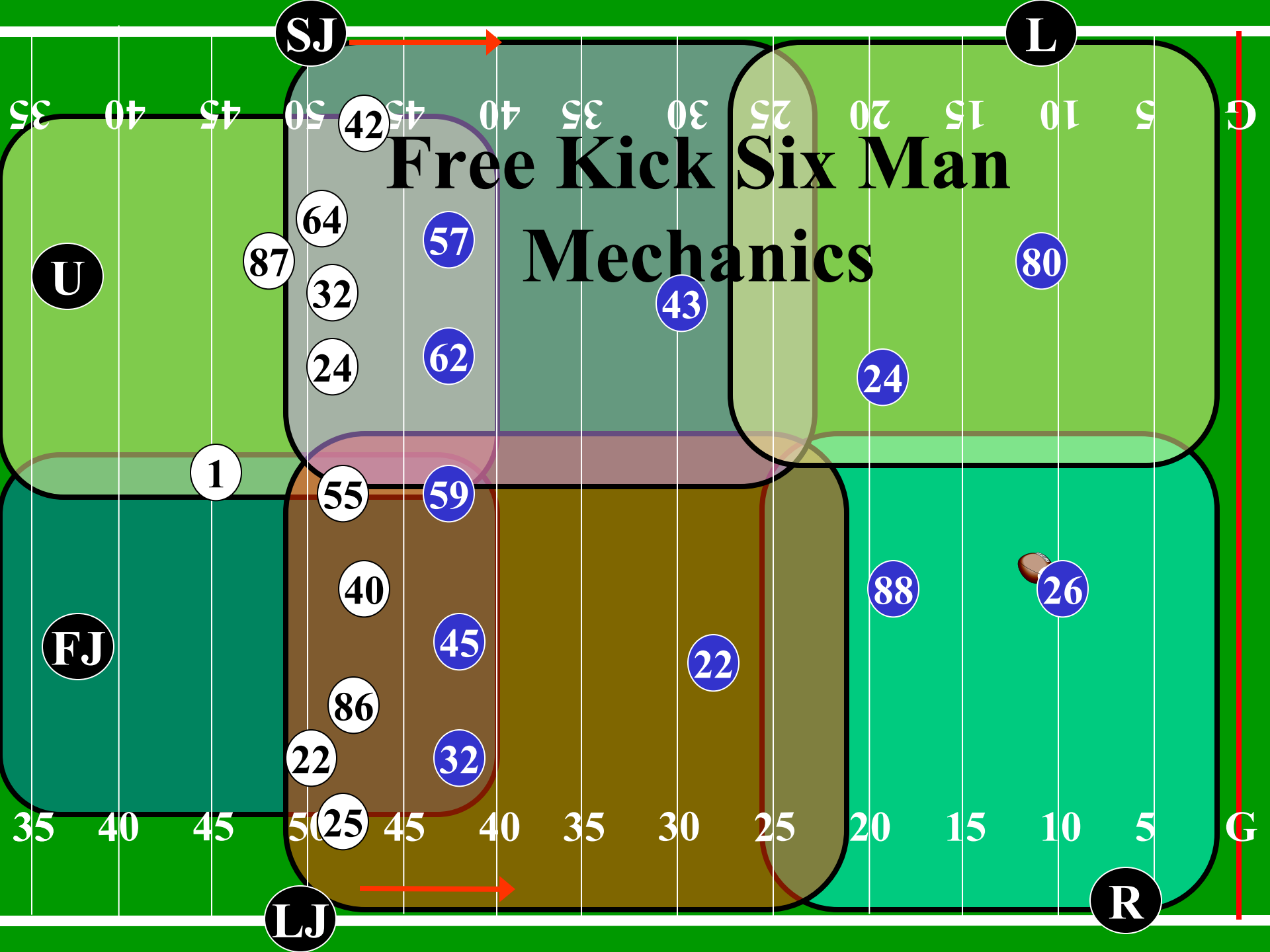
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R

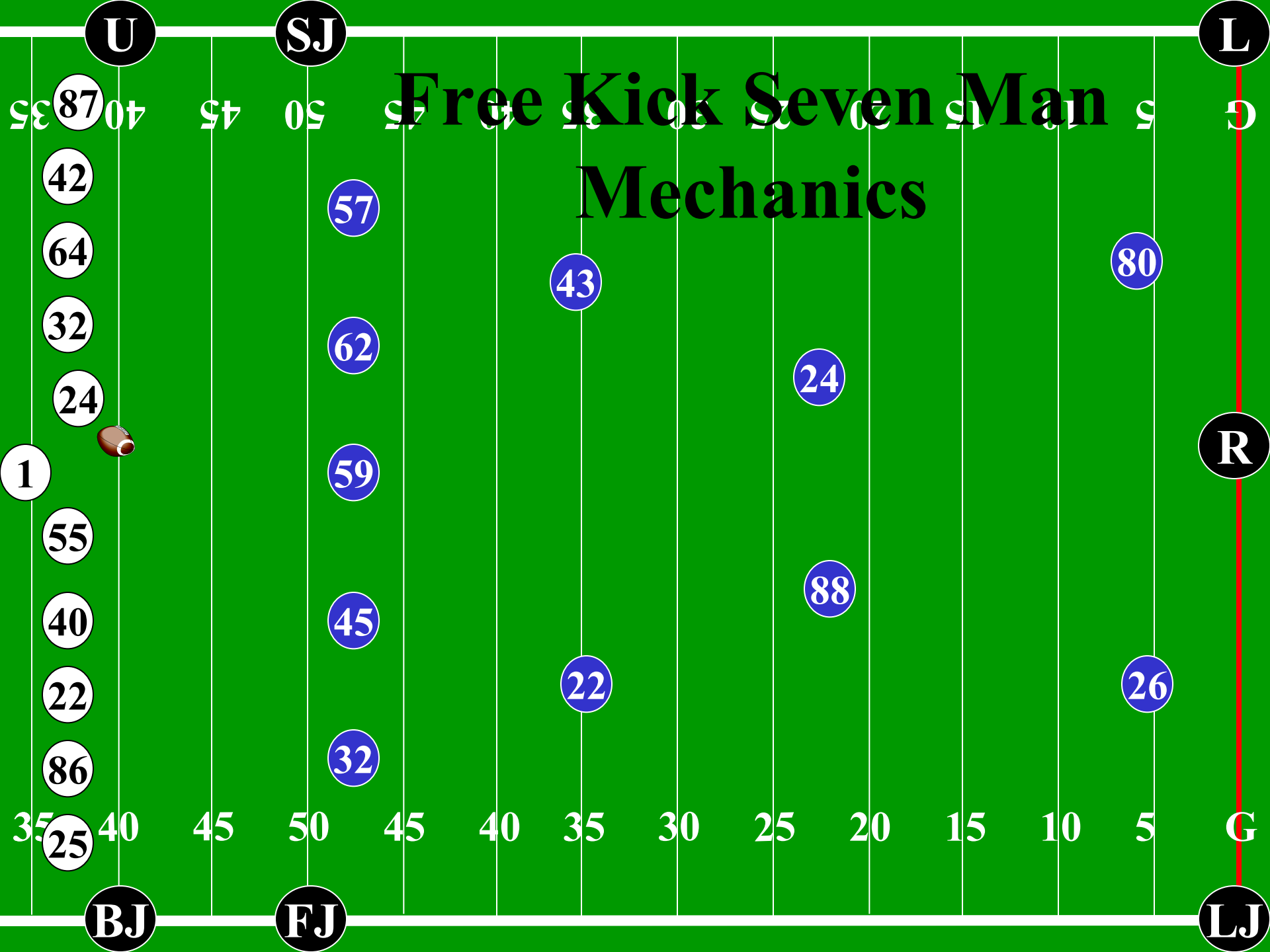
Free Kick Five Man Mechanics







Free Kick Seven Man Mechanics



SJ

L

Free Kick Seven Man Mechanics

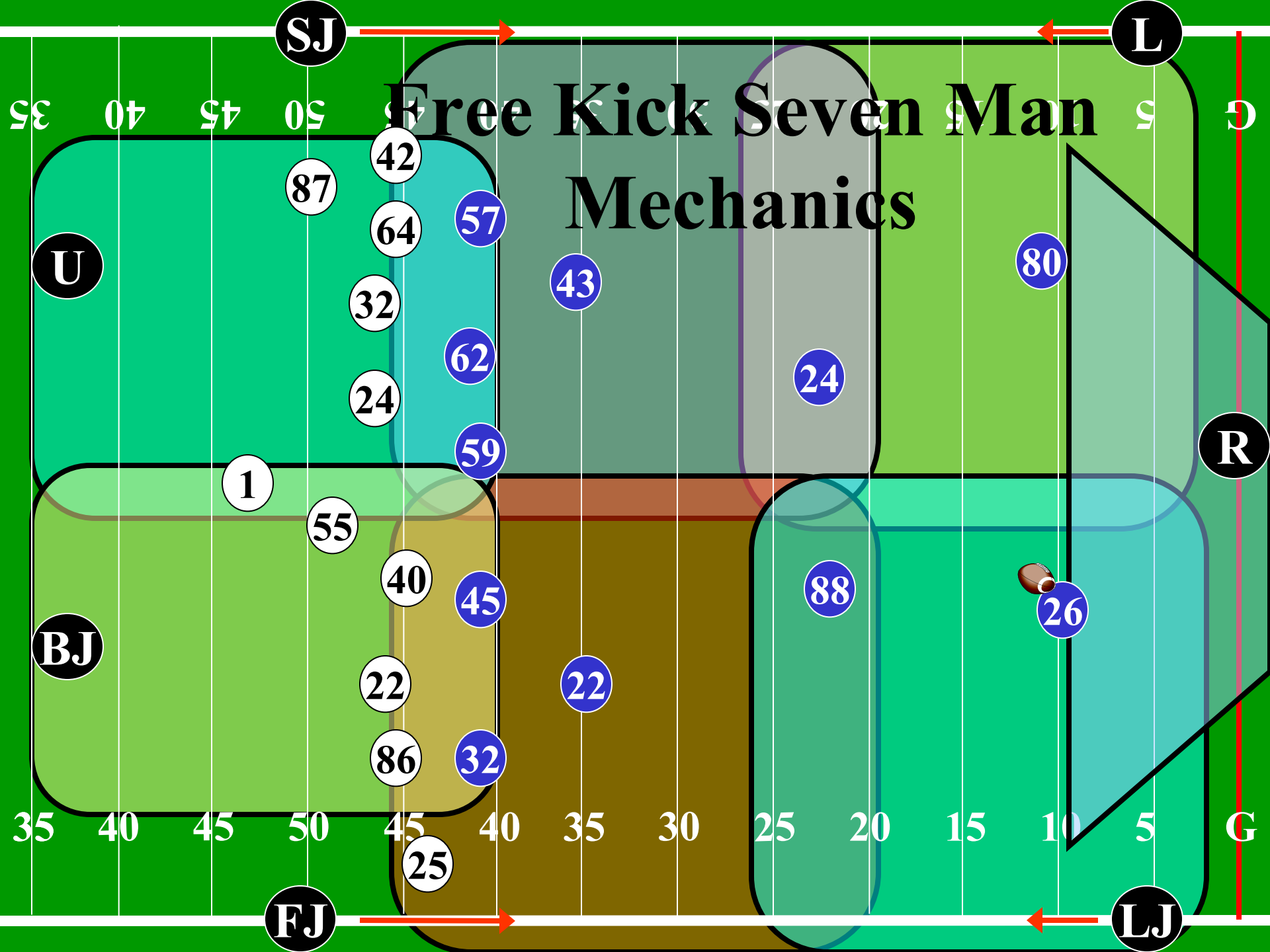
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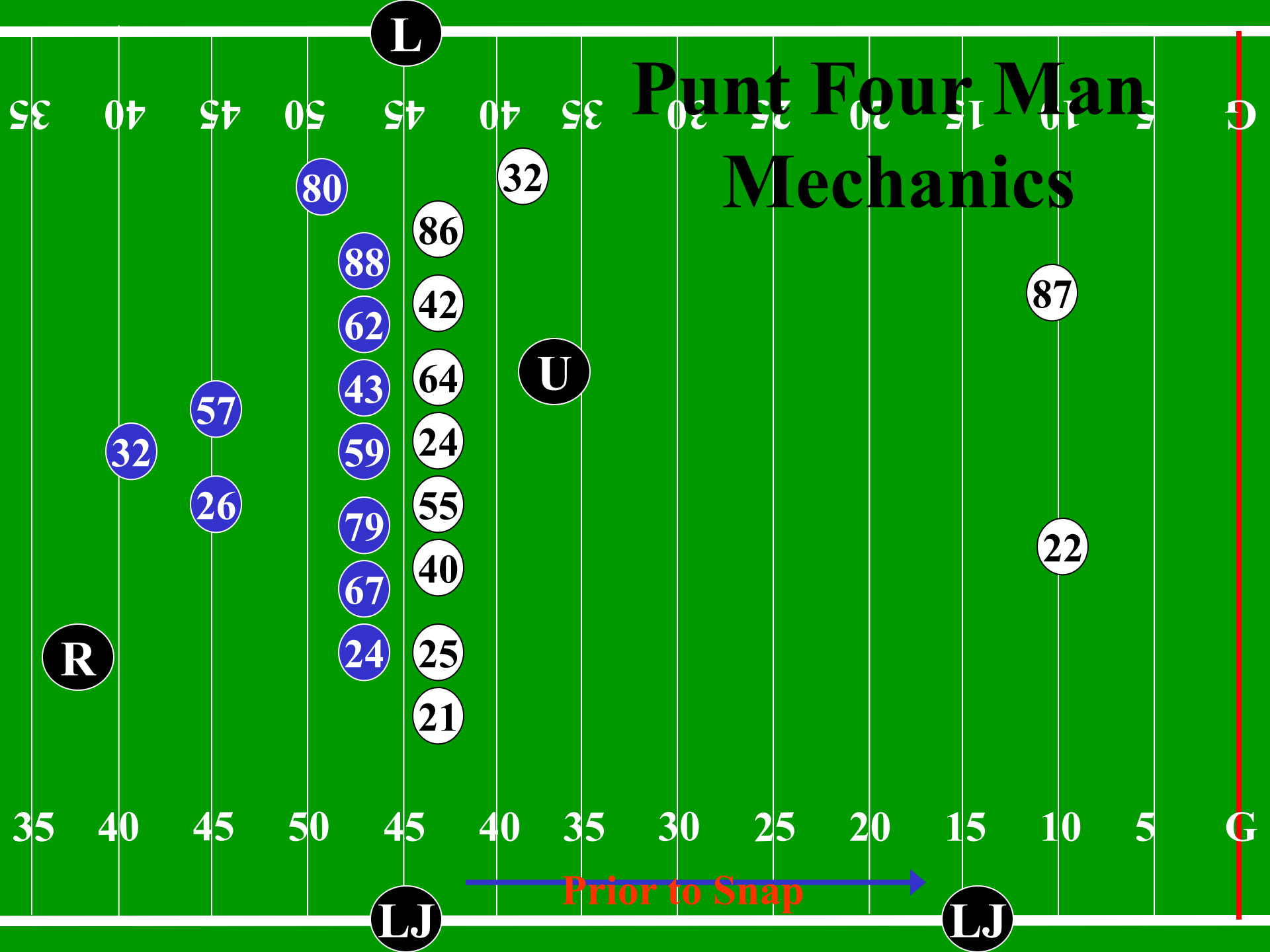
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FJ

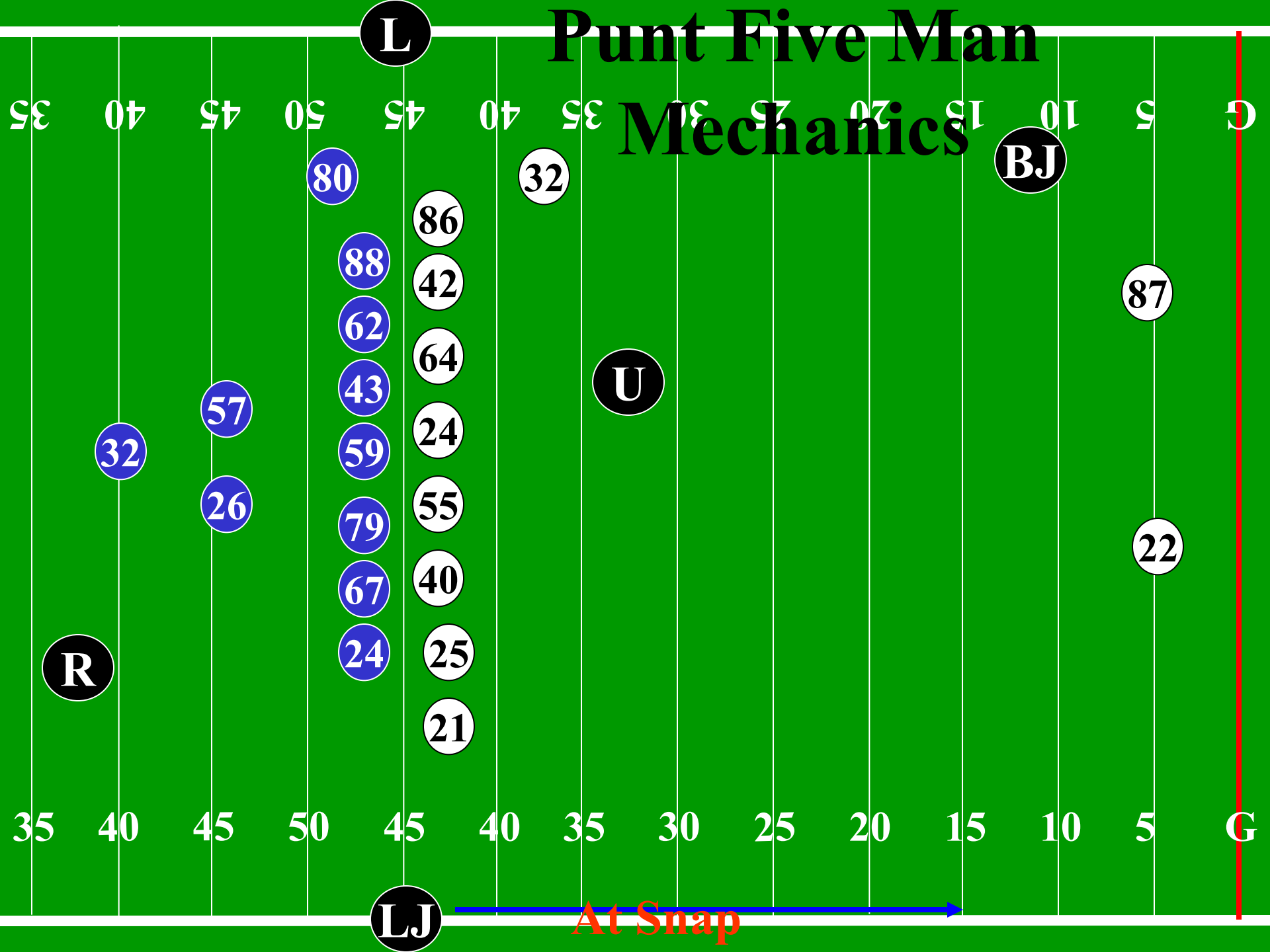
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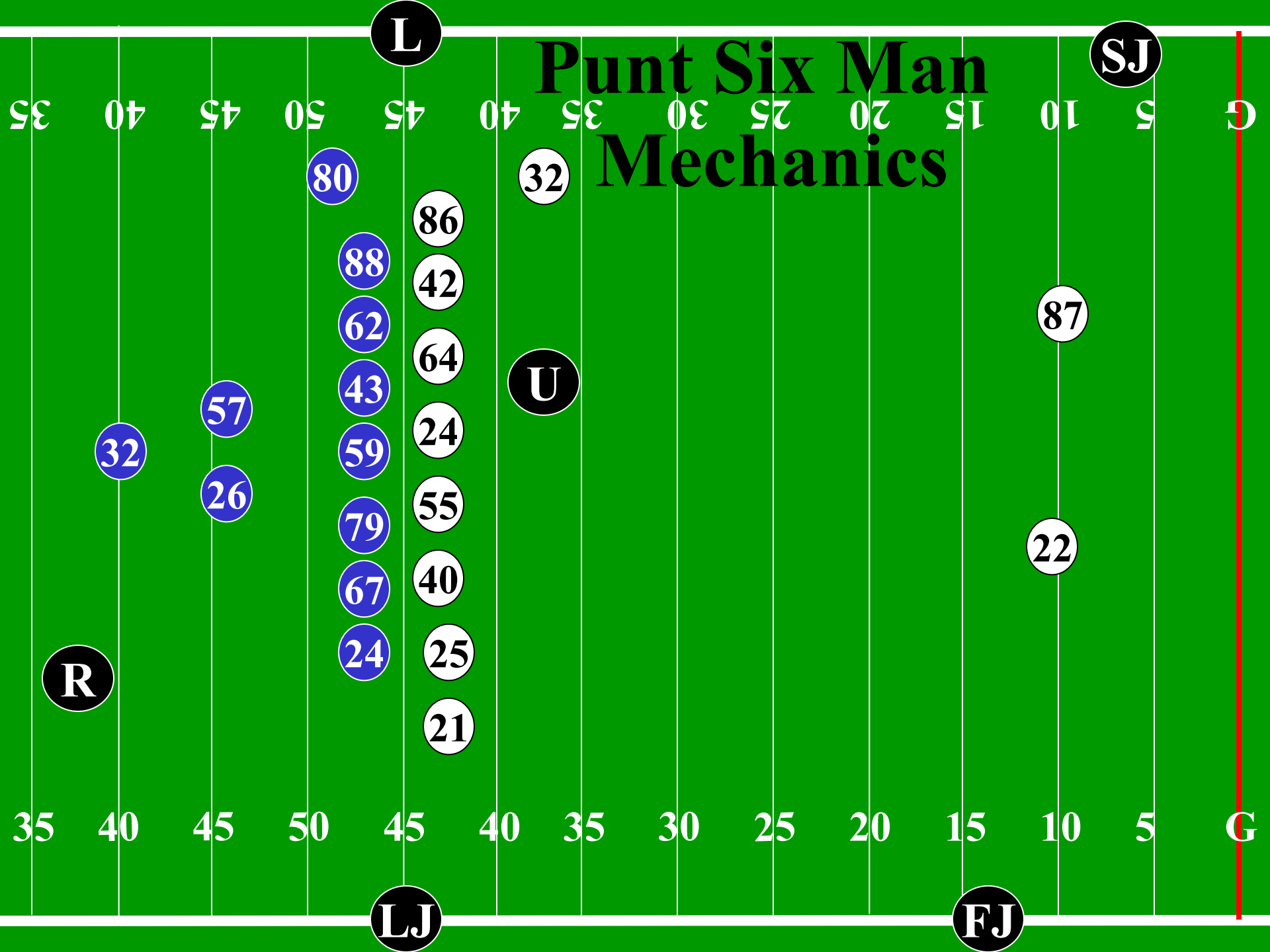
Punt Four Man Mechanics

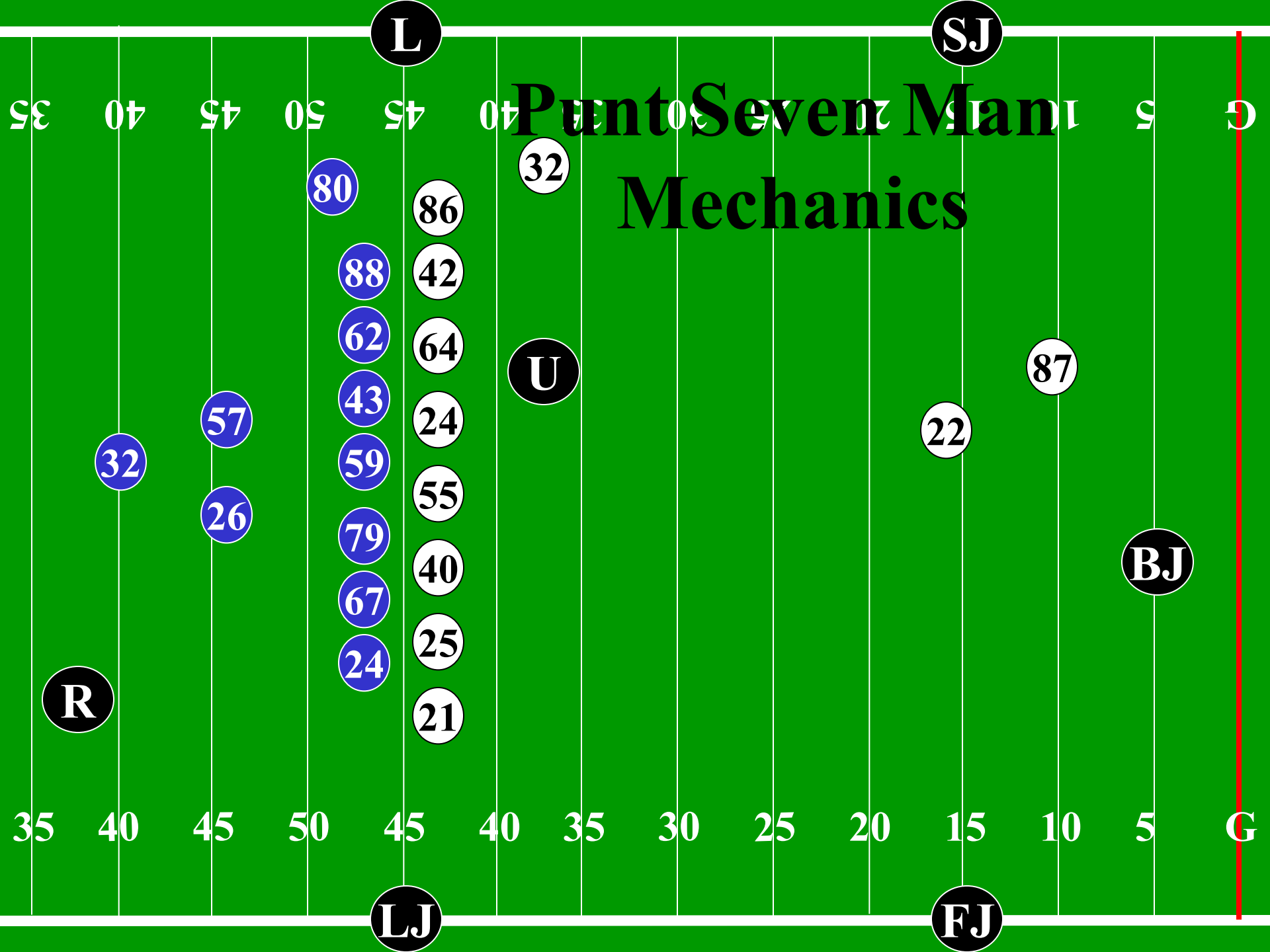


Punt Five Man Mechanics



Punt Six Man Mechanics

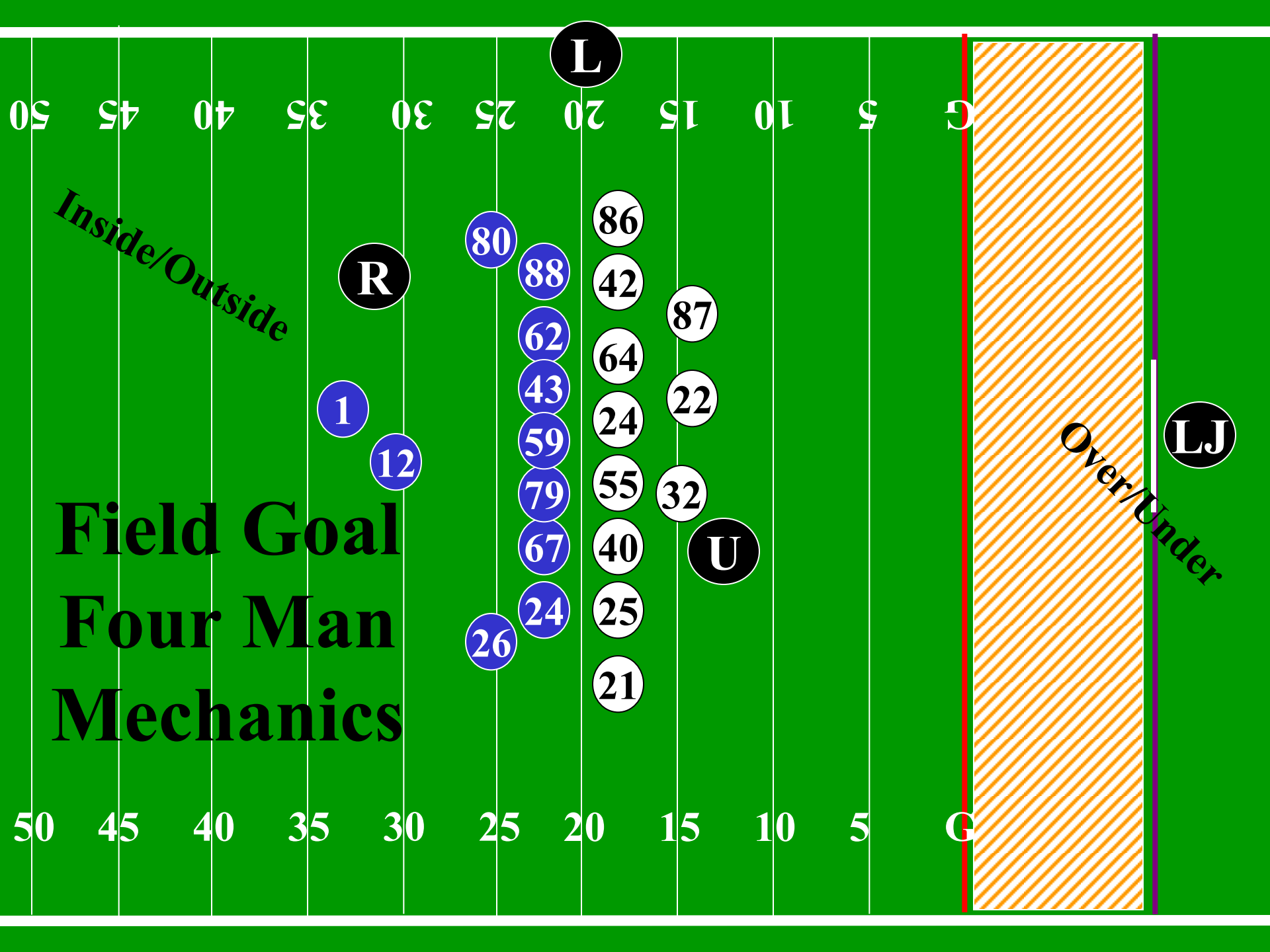




Field Goal Four Man Mechanics

Inside/Outside

Over/Under



L

R

U

LJ

1

12

26

24

79

59

43

62

88

80

21

25

40

55

24

64

42

86

32

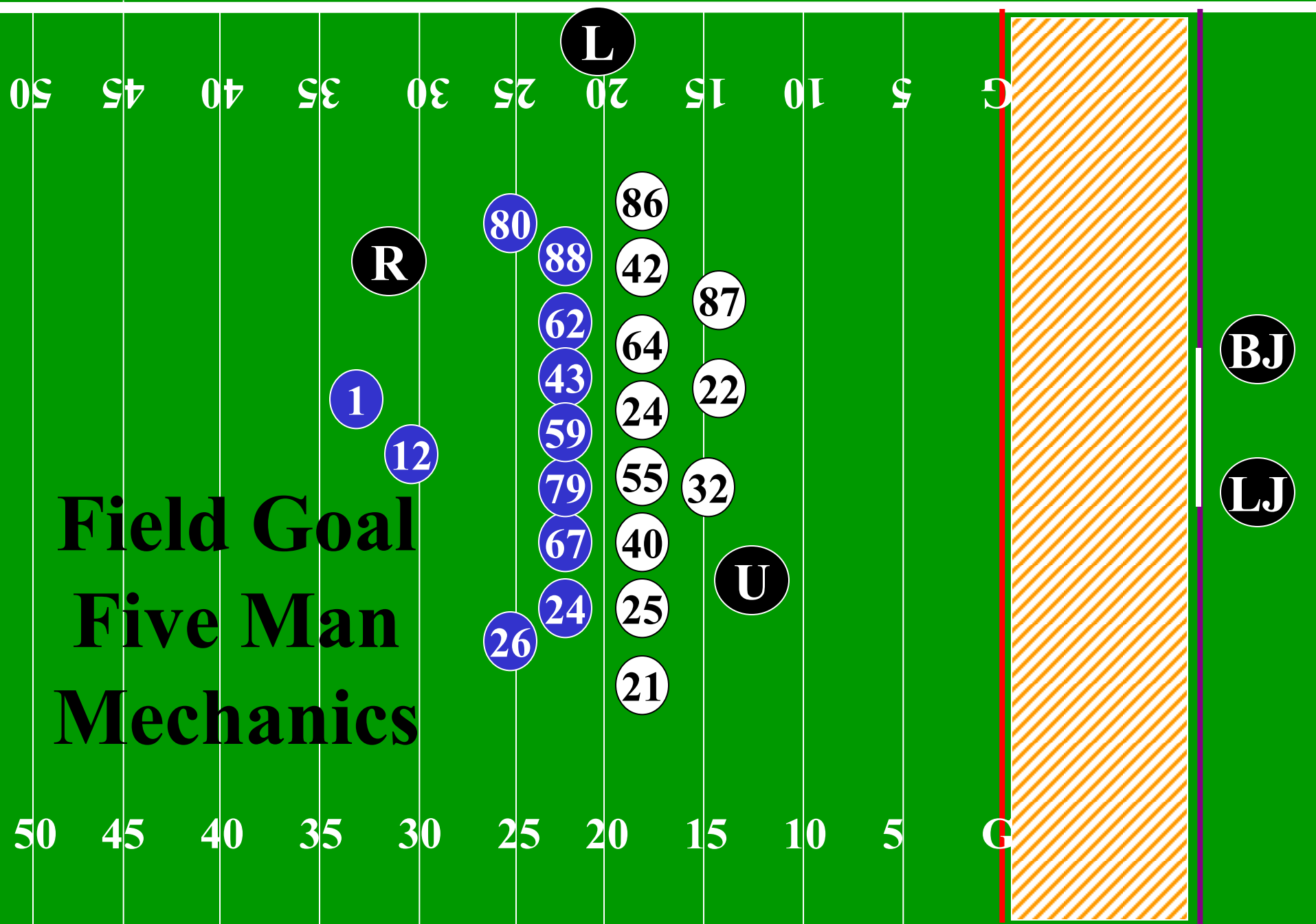
22

87

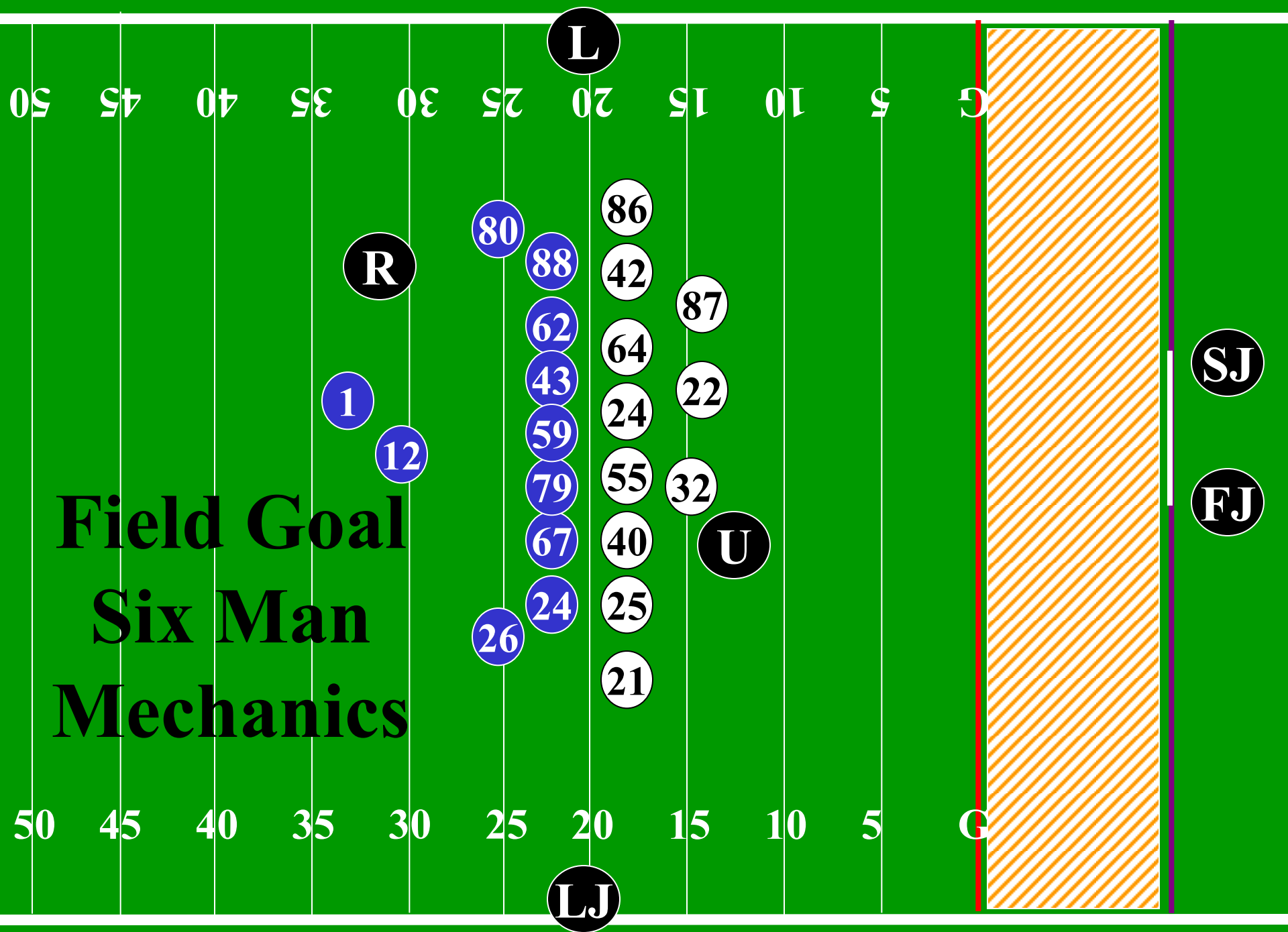
50 45 40 35 30 25 20 15 10 5 G

50 45 40 35 30 25 20 15 10 5 G

Field Goal Five Man Mechanics



Field Goal Six Man Mechanics



Place Kick Seven Man Mechanics

