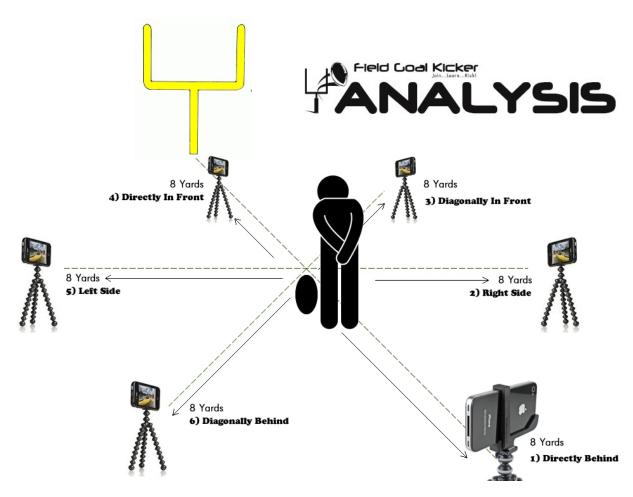


## To create your swing analysis video for submission:

- 1. Choose 1 (one) of the 6 views below as your target view to be analyzed. The most popular views are generally directly behind the kick, from the kicking leg side (right side for a right footed kicker) or from in front
- 2. Set-up your recording device (camera/phone) on a tripod approximately 8 yards from the spot of the ball. Place the ball directly in the middle of your screen when recording. A parent or friend may hold the camera as steady as possible if necessary, though a tripod offers the best results and is recommended!
- 3. Send your completed 15-30 second video using HIGHTAIL (free app or using hightail.com). The FREE account option is quick and only requires and email address and a name. Send your video to <a href="mailto:analysis@fieldgoalkicker.com">analysis@fieldgoalkicker.com</a>.



PICK ONE OF THESE VIEWS TO SUBMIT (directly behind is the most popular view)