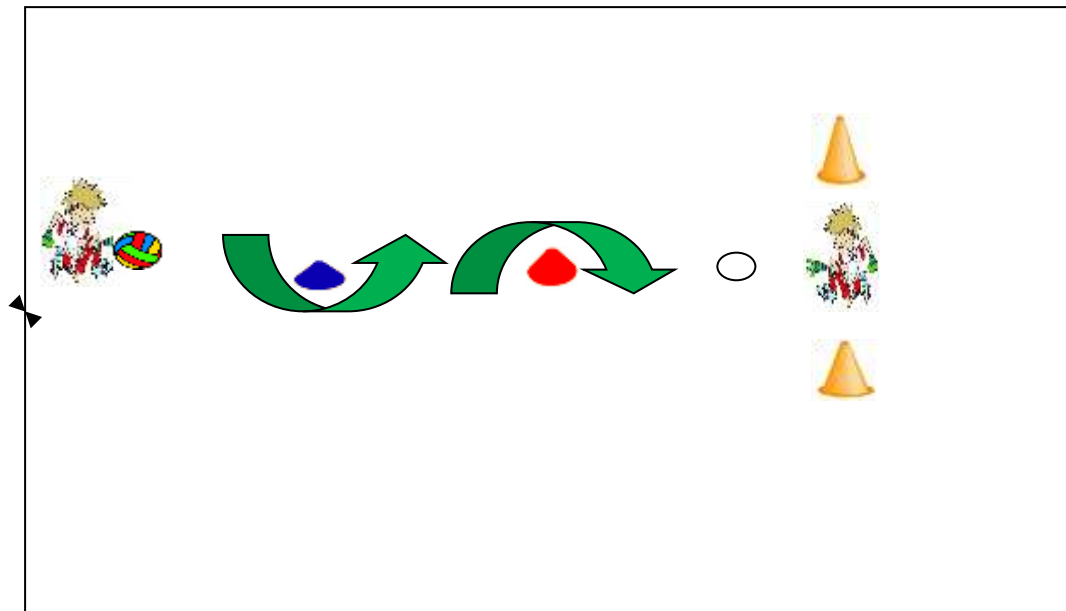


STATION 1: KICKING

Activity: Dribble and shoot



FOCUS

- In this activity we are developing the child's ability to control and strike a large ball off the ground, using their feet.

RULES – HOW TO PLAY

- On whistle, dribble ball around the dome.
- Stop/trap ball with foot on the shooting mat
- Strike for a goal between the target cones
- Collect the ball and sprint back through the start line before passing ball onto next player
- Score 1 point for successfully dribbling the ball and a further 1 point for scoring a goal



HARDER

- Make the goals / targets smaller or add keeper.
- Use weak foot.
- Introduce more obstacle cones.

EASIER

- Move shooting mat closer to the goals.
- Remove the goalkeeper.
- Use a beanbag instead of a football.

COACHING POINTS

HEAD

- Head should be over the ball, with eyes fixed on the ball throughout.

HANDS

- Arms should be used for the balance when moving.

FEET

- Use the instep and outside of foot to control the ball when dribbling.
- Use instep when shooting for control and added accuracy.
- Use top of lace for power.

EQUIPMENT

- Football x 1
- Domes / Poles x 2
- Target mat / Penalty spot x 1
- Tall cones for goal posts x 2
- Beanbags x 1