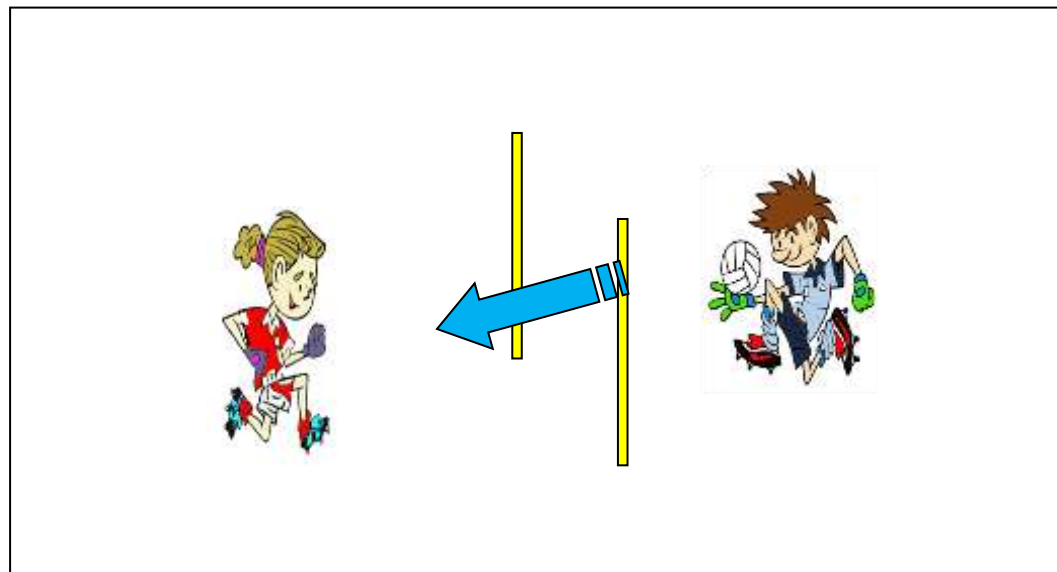


STATION 2: KICKING

Activity: Through the Gate



FOCUS:

- In this activity the children are being challenged to punt kick the ball through a target while working with a partner.

RULES – HOW TO PLAY

- Children work in pairs
- Facing each other at either side of a 'gate' made from domes / poles.
- Children aim to successfully punt kick the ball back and forth as many times as possible in allocated time (1 min)
- 1 point is awarded for each successful kick



HARDER

- Make the target gates smaller.
- Increase the kicking distance
- Use non-preferred foot.

EASIER

- Bounce and kick, or kick off the ground.
- Make the targets wider.

COACHING POINTS

HEAD

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

HANDS

- Ball should be dropped 'off the shelf' (Let it roll gently off the finger tips) with both hands when kicking.

FEET

- Kicking foot should be 'hard', with toe pointing down
- Kick using top of laces

EQUIPMENT

- Football (one per group).
- Targets domes/poles (two per group).
- Kicking domes (two per group).