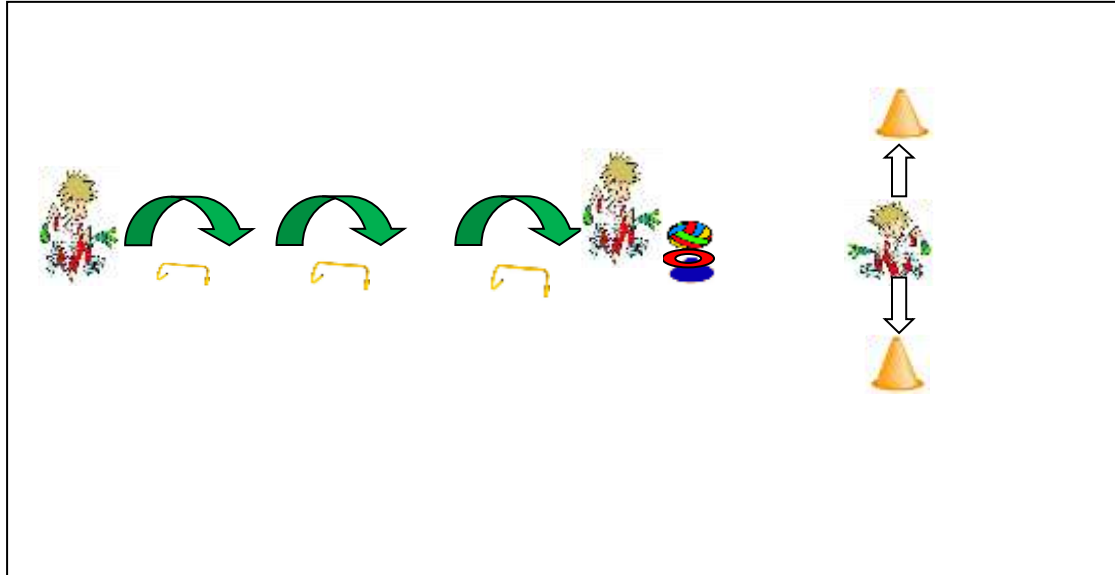


STATION 3: KICKING

Activity: Bunny Bounce and Blast



FOCUS

- In this activity we are developing the child's ability to control and strike a large ball off a dome, using the 'Hard Foot'.

RULES – HOW TO PLAY

- On whistle, use two footed jump over each hurdle.
- Sprint to ball and cone.
- Strike the ball off the tee for a goal.
- Collect and replace the ball.

SCORING SYSTEM

- Score 1 point for bouncing over hurdles and 1 point for scoring a goal.



HARDER

- Make the goals / targets smaller.
- Use higher hurdles.
- Lengthen distance between the hurdles

EASIER

- Move ball and tee closer to goals.
- Use beanbag in place of footballs.
- Remove the goalkeeper.

COACHING POINTS:

HEAD

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

HANDS

- Arms should be used for balance when striking the ball by bringing arm out to sides.

FEET

- Supporting foot planted firmly when preparing to strike.
- Kicking foot should be 'hard' with toe pointing down.
- Kick with laces.

EQUIPMENT:

- Football x 1
- Hurdles x 3
- Kicking tee x 1
- Tall cones for goal posts x 2
- Beanbags x 1