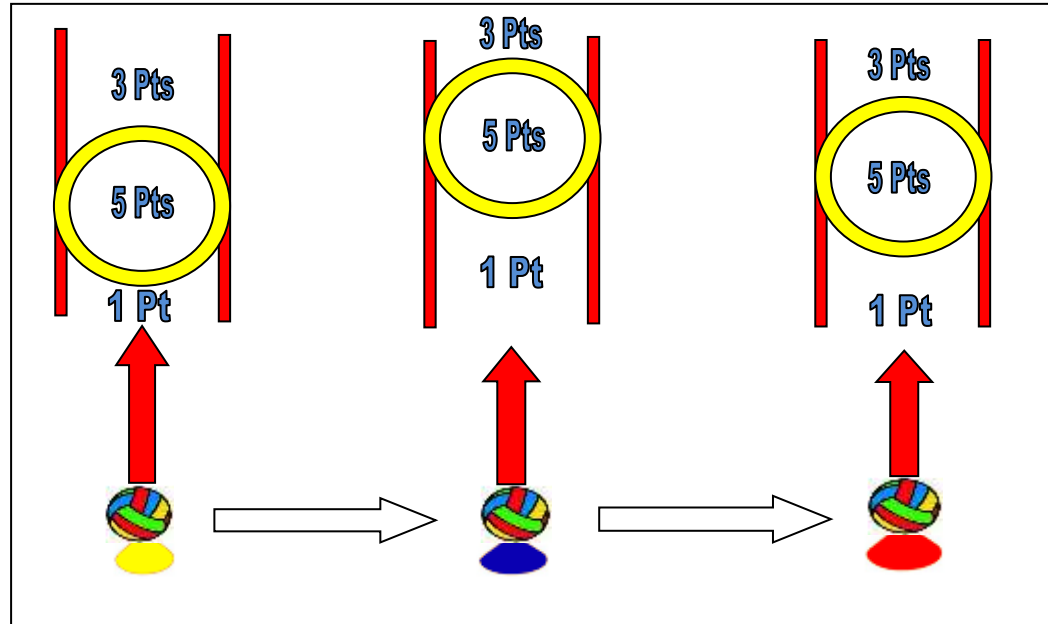


STATION 3: KICKING Activity: Tricky Targets



FOCUS

- In this activity we are introducing the children to airborne kicking, using a bounce and kick method to simplify the skill at this stage.

RULES – HOW TO PLAY

- On whistle, child aims to punt the ball at the target hoop.
- Quickly move to the second target where the exercise is repeated
- Finish with one final attempt at target three.



HARDER

- Make the targets smaller
- Increase the kicking distance
- Use non-preferred foot

EASIER

- Decrease the kicking distance
- Make the targets larger
- Kick off the ground

COACHING POINTS

HEAD

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

HANDS

- Ball should be dropped 'Off the shelf' with both hands when kicking initially
- Try dropping ball to foot with one hand

FEET

- Use 'Hard Foot' when striking the ball, with toe pointing down. Kick with top of laces

EQUIPMENT

- Football x 3
- Targets (Hula hoops)
- Domes x 3
- Poles to support targets x 6