



## Kicking 3.3: Numbers with two goals

8 - 12 year olds

### Introduction (1 - 2 minutes)

Call the children into a circle or into designated lines and greet them.

Explain any special safety rules and remind the children to stop, look, and listen whenever you signal.

Explain in 20-30 seconds what you will be doing today.

*What part of your foot should you use to shoot with power?*

**TIME:** 30 minutes

**SKILL:** Object manipulation

**EQUIPMENT:** foam soccer balls (or any balls comparable in size, weight, and softness), mini cones and/or bean bags

**ORGANIZATION/PROGRAM:**

**ACTIVITY LEADER:**

**GROUP NAME:**

**DATE:**

**DISCLAIMER:** The lesson plans and activities provided on this website are for educational purposes only. Physical activity is not without its risks and the activities provided on this website may result in injury. We disclaim any liability from and in connection with the activities provided on this website.

## Warm-up: Clean up (5 - 6 minutes)

- Divide the group into two teams; one on each side of the activity space.
- Create a “forbidden zone” in the middle by using two existing lines on the floor or by setting up two lines of cones.
- Distance between lines should be 5-8 metres.
- Neither team is permitted to enter the “forbidden” zone.
- This ensures the teams are a safe distance apart when kicking.
- Game requires one ball for every two children.
- One team starts with all of the balls.
- On the start signal, players start kicking balls as quickly as possible to the other team’s zone.
- If any balls stop in the forbidden zone, they remain there until the leader chooses to stop the game and redistribute the balls.
- Play each round for a fixed time (e.g. 2-3 minutes), then stop and count which team has the most balls in their opponent’s zone.
- Variation: Play alternate rounds with non-dominant foot.

## Demonstration: Instep kick (2 minutes)

- Leader demonstrates how to kick a stationary ball with the instep (laces).
- *Start with body 2-3 steps behind the ball and to one side.*
- *If you kick right-footed, approach from the left.*
- *If you kick left-footed, approach from the right.*
- *Step forward and plant your non-kicking foot 10-15 cm to one side of the ball.*
- *Kick the ball with your toe pointed down, so you hit the middle of the ball with your laces (i.e. instep), not your toe.*
- *You can't control your aim when you kick with your toe.*
- *Keep your eyes on the ball and follow through with your kick.*
- *Power comes by making good contact with the middle of the ball.*
- *Raise your arms slightly like "airplane wings" for balance.*

## Practice: Dribble and shoot (8 -10 minutes)

- Leader divides children into lines of 3-4 children each.
- Leader sets up a straight line of 5-6 cones (or bean bags) spaced at one-metre intervals in front of each line of children.
- Leader uses cones (or bean bags) to mark a small goal against the wall 10-15 metres past the end of each line of cones.
- Children dribble zigzag through the cones (or bean bags) and shoot at the goal.
- Children collect their ball and dribble to the back of the line for their next turn.
- Variation: Each turn, children must use opposite foot to shoot.

### TIPS FOR INSTRUCTION

- Don't over-correct technique at this age.
- Allow children to explore and "make mistakes".
- Dribbling and shooting improve through practice.
- For safety, leave 6-8 metres of space between lines.

### CUES

- *Baby touches*
- *Step forward and plant*
- *No toes*
- *Use your laces*
- *Eyes on the ball*
- *Airplane wings up*

## **Game: Numbers game with two goals** (10 - 12 minutes)

- Leader sets up a game area 15x30 metres.
- Each end has a small goal 3 metres wide marked with cones or bean bags (floor hockey nets are also fine).
- Leader divides children into two teams and numbers the children 1, 2, 3, 4, 5, etc. on each team.
- Teams line up at opposite ends beside their goal.
- Leader stands at one side of the game area at centre with a supply of balls.
- Leader shouts a number and throws a ball into the middle of the area.
- Players on both teams with that number compete for the ball and try to dribble and shoot on the opponent's goal.
- Play stops after a shot is taken, or after the ball travels out of bounds.
- Leader starts by calling one number at a time, then progresses to calling two or three numbers to compete for one ball.

## **Game: Small-sided soccer** (no time limit)

- If you have extra time, set up 3-4 mini game fields and create small 2-metre goals using cones, bean bags, or floor hockey nets.
- Divide children into games where they play 2-versus-2 or 3-versus-3 without goalkeepers.
- Goals are not counted unless the shots enter the goal on the ground.

## **Wrap-up** (2 minutes)

Call the children back into a circle and review what they learned today.

*When you shoot, why do you need airplane wings?*

*Again, what part of the foot do you use to shoot with power?*