Kicking 3.1: Instep soccer kick
8 - 12 year olds

Introduction (1 minute)
Greet the children and invite them to sit quietly in a semi-circle.

Can anyone think of sports or games where you kick a ball?

Explain that today they will learn how to kick a soccer ball better for shooting.

Explain safety rules (e.g. do not kick balls at other children).

Demonstration 1: Basic instep kick (2 minutes)

• All children stand up in their own space with their own ball while you demonstrate a basic instep kick.

• Children rehearse movements without the ball at first.

• Explain that to kick a ball well (power and accuracy) kicker needs to start one step behind the ball.

• Step forward with non-kicking foot and plant it 10-15 cm beside the ball.

• Swing kicking leg towards the ball, toe pointed down, and make contact with laces (i.e. instep), not the toe.

• Follow through with kicking leg so that it swings across the front of the body.

• Power comes by making quality contact with middle of the ball and staying balanced on the non-kicking leg.

• Arms should be raised slightly like “airplane wings” to provide balance.
Demonstration 2: Basic Receiving (2 minutes)

- Explain that a ball can be received with different parts of the body (foot, thigh, chest).
- In this lesson, the children will practice receiving with the inside of the foot.
- Put yourself in the path of the ball when receiving.
- Turn your foot sideways like a “hockey stick” and gently cushion the ball as it arrives.
- Receiving foot should be off the ground, and leg relaxed “like a wet noodle”.
- With practice, after their cushion touch, the ball should land one step in front of them so it is ready for them to kick it again.

Practice: Kicking and receiving with a partner (10 minutes)

- Partners kick and receive one ball back and forth over 20-30 metres.
- Make sure all pairs are kicking in the same direction across the gym.
- Leader circulates and provides feedback.

CUES FOR KICKING
- Step forward to plant
- Use your laces
- Follow through
- Airplane wings up

CUES FOR RECEIVING
- Stand in ball’s path
- Inside foot
- Cushion impact
**TIPS FOR INSTRUCTION**

- Good kicking requires many elements of technique.
- At this level, simply ensure that children plant their non-kicking foot next to the ball and contact the ball with their laces (instep).

**CUES**

- *Step forward*
- *Plant your foot*
- *Use your laces*
- *Follow through*
- *Airplane wings up*

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**Game: Clean up (10 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 10-15 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.

**Wrap-up (2 minutes)**

Ask all the children to help you put the balls away calmly.

*What are the key elements of a good instep kick in soccer?*

*What are the key elements of good receiving with the foot?*

Tell the children what they did well in the lesson today.