**Kicking 2.1: Basic instep kick**  
5 - 8 year olds

**Introduction** (1 - 2 minutes)  
*What are some sports that require you to kick a ball?*

**Warm-up: Target practice 1** (5 minutes)  
- Set up 5-8 shooting targets around the activity space against the walls. For example:
  - two cones to make a goal
  - a hula hoop taped against a wall
  - two chairs with a rope stretched between their tops
  - tape on the wall
- Each child has a ball.
- Children dribble with their feet slowly around the activity space.
- When they near a target, they shoot by kicking their ball.
- Provide children with some spatial awareness/safety cues. For example, kickers should make sure no one is in the path of their shot.

**TIME:** 30 minutes  
**SKILL:** Object manipulation  
**EQUIPMENT:** Foam soccer balls or any balls comparable in size, weight and softness  
**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.
**Demonstration: Kicking a ball (2 - 3 minutes)**

- Demonstrate: To kick a ball well (power and accuracy) kicker needs to start with body 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 maintaining balance on the non-kicking leg.
- Arms should be raised slightly like “airplane wings” to provide balance.

**Practice: Kicking to a partner (5 minutes)**

- Partners kick one ball back and forth from opposite sides of gym.
- Make sure all pairs are kicking in the same direction across the gym.
- Leader circulates and provides feedback.

**CUES**

- Step forward
- Plant your foot
- Use your laces
- Follow through
- Airplane wings up
Activity: Target practice 2 (5 minutes)
• Repeat the “target practice” warm-up activity.

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 5 - 8 metres depending on age and ability.
• 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 of the children to help you put the balls away calmly.

What things do we need to do to kick a ball well?

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