



Kicking 3.2: Soccer side foot passing

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.

Does anyone know what part of the foot you use to pass a soccer ball?

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:

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Warm-up: Passing through gates (5 minutes)

- Leader counts the number of children, then marks an area twice that size.
- For example, if there are 15 children, mark an area 30x30 metres.
- Leader uses mini-cones or bean bags to create 10-20 small goals or “gates” randomly within the activity space or playing area.
- Each gate should be approximately one metre wide.
- Each child has a ball and dribbles around the area using both feet.
- Children try to avoid bumping into others or losing their ball.
- When leader says “*Dribble to score!*” each child must dribble their ball through a gate.
- When leader says “*Change!*” each child must leave their ball and dribble another player’s ball.
- When leader says “*Pass your ball through the gates!*” each child must dribble around the area and pass their ball gently through each gate they encounter.
- Leader can challenge children to count how many gates they can “pass” through in one minute.

Demonstration: Side foot soccer pass (1 - 2 minutes)

- Leader shows how to kick a ball with the side of the foot in “slow motion”.
- *Stand behind your ball and then take one step back. (Start position)*
- *Step forward and plant your non-kicking leg beside the ball. (10-15 cm)*
- *With your kicking leg, turn your foot so your leg looks like a bent hockey stick.*
- *Kick the ball with the side of your foot.*
- *Kick the middle of the ball, halfway up.*
- *Raise your arms like “airplane wings” for balance.*

Practice: Partner passing (8 -10 minutes)

- Leader divides children into pairs. Each pair has one ball.
- Leader identifies two lines on the floor 4 - 5 metres apart.
- Partners stand on opposite lines facing each other.
- Leader sets up a one-metre “gate” between each pair with mini cones (or bean bags).
- Children pass the ball back and forth through the gate.
- Children should take at least two touches: at least one touch to receive (control) the ball, and then one touch to pass it back.

Game: Pass and dodge (8 - 10 minutes)

- Leader counts the number of children, then marks an area the same size.
- For example, if there are 15 children, mark an area 15x15 metres.
- Leader divides children into two groups.
- One group has one ball per child and the other group has none.
- Children without balls run around the area.
- Children with balls try to hit running children below the knees using crisp side-foot passes.
- As children are hit, they step outside the area and watch.
- Last child remaining is “Master Dodger!”
- Next round, previous children who were passing are now dodging.

TIPS FOR INSTRUCTION

- Don't over-correct technique at this age.
- Allow children to explore and “make mistakes”.
- Kicking improves through practice.
- Simply ensure children plant non-kicking foot correctly.
- Ensure they use side of the foot and kick “halfway up”.

CUES

- *Make a hockey stick*
- *Use side of your foot*
- *Eyes on the ball*
- *Airplane wings*

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?

What part of your foot do you use to pass a soccer ball?