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?
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.

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

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.
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?