

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:

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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*