

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.

TIME: 30 minutes

SKILL: Object manipulation

EQUIPMENT: 1 soccer ball per child, cones

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 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 10 - 15 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*

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.

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*