



Skill Card 10

Teach kids to Kick (a stationary ball)

The stationary place kick involves kicking an object, which is still. This is the easiest way to develop proficiency and is closer linked to primary school activity than other kicks. It is the basic foundation of kicks in all football codes and is important for foot-eye co-ordination.

What to look for:

- Eyes focused on the ball throughout the kick
- Forward and sideward swing of arm opposite kicking leg
- Non-kicking foot placed beside the ball
- Bends knee of kicking leg at least 90 degrees during the back swing
- Contacts ball with top of the foot (a 'shoelace' kick) or instep
- Kicking leg follows through high towards target area





GAMES CARD

10

Fun Kicking Games

Balloon Kicks (↑↗↖) – on your own or in pairs keep the balloon in the air using only your feet

Rebound Goal (↑↗•) – take turns kicking a ball against a wall to strike or go through a goal on the rebound. Change angles, distances, number of targets (couple of shoes on the ground make good goals)

Kick Golf (↑↗) – nominate a series of objects around the yard. How many kicks to make the ball strike each object in correct sequence?

Bull's Eye (↑↗•) – mark a circle on the ground with a hoop or rope. Kick the ball attempting to bring it to rest in the circle. Ten attempts then swap. Award points. Increase distance. Can also be done off a rebound wall.

Spot Kicking (↑↗) – use markers at different positions in the yard and allocate points to each. Have a single goal. Shooter accumulates the points from each spot if they hit the goal.

Step Back (↖↗) – use a couple of shoes to make a narrow goal. Partners start facing each other on each side of the goal. Take one step back each time a successful goal is scored. How far can you go?

KEY: ↑ = can be played by one person, ↖ = needs more than 1 player, ↗ = some equipment needed, • = organisation required, ↖ = can be played inside