

# Kick



## Skill components

(Introductory components marked in **bold**)

1. **Eyes focused on the ball throughout the kick.**
2. **Forward and sideward swing arm opposite leg.**
3. Non-kicking foot placed beside the ball.
4. Bend knee of kicking leg at least 90 degrees during back swing.
5. **Contacts ball with top of foot or instep** (shoelace kick).
6. Kicking leg follows through high.

## Teaching cues

- Eyes on the ball.
- Step next to the ball (non-kicking foot).
- Swing the arm opposite of your kicking foot.
- Swing your kicking leg back and follow through.

## Common errors

- Kicking with the toe or poking the ball.
- Non-kicking leg behind the ball or too close to the ball.
- Opposite arm not used for balance.

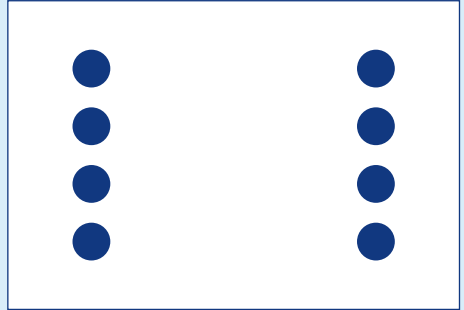


# Game: Kick relay



## Set-up

- For each group, place two markers opposite each other. Make sure there is enough space for students to kick a ball.
- Aim for small group sizes such as four students per group.



## Equipment

- Cones or markers
- Soccer balls or other balls

## How to play

1. Students stand in teams with even numbers lined up on each marker, like a relay. One line has a ball.
2. The student with the ball kicks to their opposite line, they then sprint and join the end of that line.
3. The student at the front of the line on the other side traps the ball and kicks it back to the opposite line. They then sprint and join the end of that line.
4. This continues for a set amount of time chosen by the teacher.

## Variations

### Make it easier

- Move the markers closer together to decrease the kicking distance.

### Make it harder

- Move the markers further apart to increase the kicking distance.