

KICKING

SHOOT FOR THE STARS



COACHING TIPS

- ▶ Eyes focused on the ball throughout the kick.
- ▶ Take a run up and a long stride prior to placing the non-kicking foot next to the ball.
- ▶ Bend the knee of the kicking leg at least 90 degrees during the backswing.
- ▶ Contact the ball with the top of the foot (shoelace) or instep, try to avoid using your toes.
- ▶ Kicking leg follows through high towards target area.

THE GAME

Using jumpers for goalposts, create a mini goal in your house or garden (make sure you don't break anything!).

Grab a ball and try to kick it into the goal past your goalkeeper (dad/daughter).

DIFFICULTY LEVEL

Tricky

Make the goal slightly smaller to reduce the size of the target

Trickier

Roll the ball to the kicker from the goal, and get them to strike a moving ball

Trickiest

Create three goals, roughly half a metre apart. Roll the ball to the kicker and they must choose one of goals to shoot at. The goalkeeper has to try stop it – three goes each, who can score the most goals?

