

## ACTIVITY PLAN 33 – KICKING

### Aim

To develop coordination and the ability to kick a ball

### Age

3–5 years

### Equipment

Cones or any type of markers for goals and one large bouncy ball per child

### Area required

Outdoor space of suitable size

### Time

10 minutes

### How?

Provide each child with a large ball. Demonstrate how to kick the ball, making sure the non-kicking foot is placed even with, or slightly behind the ball.

Kick the ball with the shoelace area or the toe and instruct the child to kick as hard as they can.

The children could initially kick their balls against a wall several times to practise the skill. Then in pairs ask the children to kick the ball to each other over a distance of approximately two metres.

Set up one set of cones or markers per pair as goals. In pairs have the children take turns running up and kicking the ball at the goal, with the second child positioned about one metre behind the goal to retrieve the ball. Then swap over and repeat as many times as you like.

### Easier

- Ask the children to stand closer together when kicking to each other.
- Ask the children to move closer to the goal.
- Make the goals wider.



## Harder

- Ask the children to move further away from the goal or their partner.
- Make the goal smaller.
- Have the children kick the ball at the goal on a 45 degree angle.

## Key points

Skills involved in running:

- Arms should move in opposition to the legs with bent elbows. There should be a brief period where both feet are off the ground
- Ensure there is a narrow foot placement landing on the heel or toe rather than flat-footed
- The non-support leg should be bent to approximately 90 degrees (i.e. close to buttocks).

Skills involved in kicking:

- Move quickly towards the ball
- Take a long step or leap just before ball contact
- Make sure the non-kicking foot is placed even with or slightly behind the ball
- Kick the ball with the shoelace area or the toe and kick as hard as possible.