

# Striking with the Feet

Kicking, foot dribbling, trapping and punting are examples of striking skills using the feet. These striking skills involve applying a force to an object with the foot or leg, and require good eye-foot coordination.

Striking with the feet can include: kicking a stationary or moving object, like a small can or ball; tapping a ball under control, as in soccer dribbling and trapping; and punting, which is kicking a ball while it is in the air. These fundamental striking skills are used in sports like soccer, rugby union and rugby league. (Developing FMS Manual, Sport NZ).

## Under Fives Activities



- Kick and chase balloons around the house.
- Tie a piece of string onto a balloon. Tie the balloon to the back of a chair. Ask them to kick the balloon. For older children tie the balloon to the top of the door. Stand on one foot and kick.
- Stack empty boxes one on top of the other. Kick the boxes over.
- Roll a ball to your child. Ask him to trap the ball with different body parts e.g. knee, foot, head etc.

### Dribbling with the feet

- Practice dribbling a beanbag around on the ground- using both feet, inside and outside of feet
- Practice dribbling a ball around on the ground- keeping control and using both feet, inside and outside of feet
- Set up cones/rope as a pathway to dribble the ball through
- Set up a cones to dribble the ball around and kick a goal at the end

### Fancy Feet

#### Movement skills/concepts

Dribbling and controlling a ball with the foot (feet), trapping a ball with the body and feet, space awareness.

Can you ...?

- move the ball slowly, keeping it close to you, and stop it on the signal
- using the inside/outside of your foot, tap the ball along the ground, stop on a signal and dribble in a different direction
- roll the ball, run around in front and stop it
- dribble along lines and stop the ball on each corner
- dribble freely and stop the ball on every line you come to
- dribble around cones spread out in the area in various patterns, (e.g. full circle, reverse direction, zigzag in and out of circle)
- when you meet someone, both stop your ball and give each other a 'high five'.

In pairs with a large ball:

- stop a ball passed by your partner and pass it back
- stop a ball passed by your partner to your left/right and pass it back
- stop a ball passed by your partner, pass it back and move to a different place for the next pass
- see how many passes and stops you can do in 30 seconds
- with a ball each, pass and stop without the balls colliding
- one partner rolls the ball to try to score a goal (set up with two markers) and the other defends by trapping/stopping the ball; keep the competition fair by adjusting the width of the goal and the distance rolled

## Let's Discover Kicking

### Movement skills/concepts

Exploring kicking, space and body awareness.

Can you kick a ball ...?

- forwards/backwards/sideways/diagonally
- as hard/softly as you can
- with a big leg swing/with no leg swing
- so that it goes very quickly/slowly
- without using your arms or while swinging arms backwards/forward
- as far/near as you can
- as high as you can/so it stays on the ground
- to hit a target, (e.g. wall, large target, small target)
- over/under the goal
- with your feet wide apart/with your other foot



## Kicking Star

### Movement skills/concepts

Kicking a stationary ball, kicking at different levels, speed and flow, kicking at a target, and relationships (with objects).

### Set-up

Cones, ropes, tape/chalk to create shapes (targets) on wall/net, and a variety of balls (foam, plastic, rubber) for kicking.

Children spread around a level grass or court area (gym, hall or outside court), facing a wall or net to kick towards. A number of shapes are created as targets at different levels (ground, middle and high).

### Activity

Can you ...?

- stand behind your ball and, using the inside part of your foot, kick it to the wall or net so that it comes back to you

- practise kicking with one foot and then the other foot
- practise kicking along the ground and then in the air
- practise kicking with a run-up of three to five steps
- practise kicking the ball at the different types of targets
- once you hit a target twice in a row, take a big step back and try a further distance away

## **Air Ball**

### **Movement skills/concepts**

Kicking a stationary ball for height and accuracy, space awareness and balance.

### **Set-up**

A variety of balls for kicking, tape for shapes (targets) on wall/net.

A level grass or hard court area with a wall/net around the perimeter.

Children are spread out, standing 3 metres in front of the wall/net.

### **Activity**

Can you ...?

- when the ball is on the ground, place your foot underneath the ball and flick it in the air so that it hits the wall
- practise walking/running up to the ball, kicking underneath the centre of the ball to the wall
- practise the above with the inside of your foot using your toes try to hit one