

As they progress  
**Manipulative**

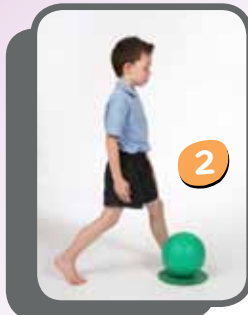
# Kicking a Ball

Kicking involves imparting force to an object with a foot. It requires good foot-eye coordination. An object can be moving or stationary. Kicking is used in football and rugby.

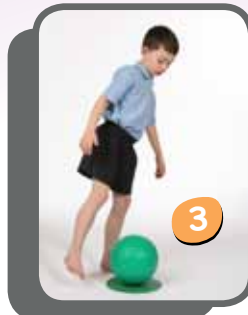
**1** Stand slightly to the side and behind the ball



**2** Step forward and place the non-kicking foot by the side of the ball



**3** The kicking leg swings back, using the arms for balance



**4** Swing the kicking leg from the hips through to kick the ball. Bring the opposite arm forward



**5** The head is over the ball and the eyes watch the ball



**6** Kick the ball with the laced area of trainer

**7** Follow through in the direction of the target

## If you see...


Observation	Likely cause	Solution
Misses the ball	Does not look at the ball, or the ball is moving	Place the ball on a bean bag or on a kicking tee to keep it still
Stands front on and kicks the ball with a stiff leg	Does not turn the hips and does not swing the leg from the hips and bend the knees	Practise activities that encourage swinging action of leg
Walks up to the ball and walks into the ball. This is more of a push than a kick	Does not plant the non-kicking foot by the side of the ball and does not use a leg swing at the hip and knees	Place a marker where the non-kicking foot should be
Loses balance on contact	Incorrect use of arms for balance	Use arms outstretched at shoulder level, ensuring opposite arm to kicking foot is brought through
Cannot coordinate the kicking action	Stands forward on the kicking leg	Place a marker where the non-kicking foot must be. Start from a stationary position
Achieves little distance on the kick	'Jabs' at the ball and does not follow through	Practise swinging actions of the arms and legs to encourage the child to move through the full range

**Opportunity to develop:**  
 Coordination - Control - Accuracy  
 Physical Development Area of Learning - contributes to 'Personal' and 'Adventurous and physical play skills' section

**Safety!**  
 Ensure...  
 children kick only when instructed  
 balls are of an appropriate size  
 that the surface is dry and not slippery

# As they progress Manipulative


## Kicking a Ball




mostly x's  
✓ and x  
mostly ✓'s

### Can you see...?


- the child approaching the kick with a run or a leap?
- the child's non-kicking (support) leg planted by the side of the ball?
- the child's full leg swinging from the hip and knee?
- the child's eyes focusing on the ball and looking forward?
- the child's opposite arm to their kicking foot swinging forward?
- the child making contact with the ball with their shoe laces?
- the child using their arms to balance?
- the child's arms swinging in opposition to one another?
- the child leaning back slightly?
- the child kicking the ball accurately to the target?



- Use balloons to practise the kicking action
- Place a ball on a bean bag and strike the ball
- Place markers on the floor for foot placement
- Use large soft balls and kick the ball as high and as far as they can
- Practise the step and swing phase
- Practise using each foot to kick



- Walk to the ball and kick a stationary ball between a set of markers. Increase the number of steps
- Remain on the spot and kick a ball moving towards them
- Kick a stationary ball to a target, i.e. a set of cones
- Kick a ball to hit a bench
- Walking to kick building to running to kick ball
- Kick a ball over an object such as a cone, rope, bean bag
- Kick a ball at a set of skittles
- Kick a ball to go under an object, such as a table, chair, pole



- Move towards a moving ball and kick it
- Increase the distance between the child and goal
- Decrease the width of the target
- Kick for accuracy, to a partner or target
- Kick a ball over a wider area, increase the distance between markings, ropes
- Kick past a defender or goal-keeper



- Kick a ball to strike objects at a set distance away – Bowls, Ten Pin Bowling, Skittles, etc.
- Kick a ball at different speeds and angles against a wall and move to trap it as quickly as possible
- Kick a ball against a wall and as it is returning, kick another ball against the wall, keep the balls moving for as long as possible
- Kick a ball between you and a partner use both feet to kick and trap
- As above kicking to receive at markers, using fast feet
- Kick two balls alternately and then simultaneously between you and your partner vary the ways you can do this
- Kick a ball in response to a range of cues
- Kick a ball accurately at a moving target
- Kick a ball accurately to a partner moving into space
- Kick a ball accurately to a partner who is under pressure from a defender
- Kick a ball accurately to a partner with both of you under pressure from a defender