

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).



Activities - (5 - 12 year olds)

Here are some fun activities involving striking with the foot:

Balloon Kicks – in pairs keep the balloon in the air using only your feet.

Rebound Goal – take turns kicking a ball against a wall to strike or go through a goal on the rebound. Change angles, distances, number of targets.

Kick Golf – Nominate a series of objects around the yard. How many kicks to make the ball strike each object in correct sequence?

Bull's Eye – Mark a circle on the ground with a hoop or rope. Kick the ball attempting to bring it to rest in the circle. Ten attempts then swap. Award points. Increase distance. Can also be done off a rebound wall.

Spot Kicking – use markers at different positions in the yard and allocate points to each. Have a single goal. Shooter accumulates the points from each spot if they strike the goal.

Stepback – Use a couple of shoes to make a narrow goal Partners start facing each other on each side of the goal. Take one step back each time a successful goal is scored. How far can you go?

For more activity ideas go to:

http://www.healthpromotion.com.au/Documents/FMS/Fun_Activities@home_to_practise_FMS.pdf

TWISTER

Before the Activity:

Grass or hard area.

Large balls.

During the Activity:

Groups of three in a line, end players with a ball. Player 1 passes to 3 who controls the ball and returns it. 3 then turns to receive and return a ball from 2. After a given number of passes change the centre player.

Look for:

- control before passing.
- contact with the inside of the foot.
- swing from the hip.
- head over the ball.

Variations:

- All have a ball. 1 and 3 exchange, then 3 turns and exchanges with 2.
- Vary the distance apart.

SQUARE PUNTING

Before the Activity:

Grass or hard area.

Markers.

During the Activity

- 1 with the ball kicks to 2, 2 to 3, 3 to 4, 4 to 1 etc.
- 1 and 3 with a ball, kick around the square.
- Kick 1 to 2 to 4 to 3 to 1 etc.
- Kick to anyone.
- Introduce a fifth player at 1. Players kick and follow to the receivers position. Use any of the above patterns.
- A fifth player in the centre of the square attempts to intercept as the ball is kicked to anyone. If intercepted, change places with the player who last touched the ball.

Look for:

- ball held in two hands.

- eyes on ball.
- guide ball onto laces.
- swing leg from the hip.
- follow through.

Variations:

- Use different balls.
- Designate the type of kick.
- Designate which foot.
- Change the size of the square



PUNT TENNIS

Before the Activity:

- Grass or hard area.
- Large balls.

During the Activity:

A marked area with a neutral zone in the centre (or a high net or rope). Two teams of four to six, one in each end of the court.

The aim is to kick the ball to land it in the opponents' court on the full. A point is conceded if the ball hits the ground in your court, a ball is kicked out of bounds or if it fails to clear the neutral zone (net). After a point is scored the ball is put back into play by the non-scoring team.

Look for:

- court coverage.
- calling for the ball.
- eyes on the ball.
- kicking on the laces.

Variations

- Use different types of balls.
- Change the size of the area to suit skill level

SKY DIVERS

Before the Activity:

- Hoops.
- Large balls.

During the Activity:

Hoops spread in front of a line and given a value according to difficulty. A group of three with three balls. Players in turn kick the three balls scoring the points for any target they hit on the full.

Look for:

- eye on ball.
- swing leg from the hip.
- kick with the laces.

Variations:

- Kick round the targets in order.
- Replace the hoops with two markers as goals. Grubber kick through the goals.
- Adjust the distances to suit the level of skill.

FANCY FEET

Before the Activity:

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

- Large balls and markers/cones.
- Children are spread out in a defined area, each with a large ball.

Activity:

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', then dribble the other person's ball away

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

KICKING AT A TARGET

Movement skills/concepts

Kicking a ball into the air, judging speed and direction.

Setup

A variety of balls for kicking, hoops, cones, rope for kicking line. Children in groups of five–six stand behind the kicking line, with a ball each and hoops spread out in a target area in front of them.

Activity

The object of the game is to kick the ball so that it goes over the line and lands in one of the hoops in the target area.

Each group gets a point for each time the ball lands in a hoop on the full.

Balls must be kicked in the air. Children retrieve their ball when everyone has kicked the ball.

Keep practising until the group gets 10 points.

Can you see ...?

- striking the ball underneath its centre
- run-up, planting the non-kicking foot beside the ball
- following through with the kicking foot, leg moving upwards

DRIBBLE TAG

Movement skills/concepts

Dribbling and controlling a ball with feet, changing direction, dodging and evading.

Setup

Large balls, and bibs or bands.

Grass or hard area, about one third the size of a netball court.

Groups of approximately six–eight: one or more taggers with a bib or band each; one ball per player.

Activity

All players dribble freely. Taggers attempt to tag others with their hand as they dribble and still keep control of their ball. When a tag is made, the players change roles.

Can you see ...?

- keeping the ball close
- use of space
- seeing the ball, seeing others