LEVEL 1

THE PUNT KICK - PUNT KICK TO PARTNER

FOOTBALL

EQUIPMENT LIST

- Cones
- Football

This is a basic drill to practice the Punt Kick technique

Organisation

- Divide the group into pairs; one football per pair
- Mark out a channel for each pair, who face each other approximately 10m apart
- Each player in turn punt kicks the ball to their partner
- To kick with the right leg take the first step with the left leg and vice versa
- It may be necessary to group children on the basis of ability

STEP Variation

Space - To increase the difficulty of the drill, increase the distance the players are required to kick the ball

Notes