LEVEL 3

KICKING- FOOT SOLO & SHOOT

FOOTBALL

EQUIPMENT LIST

- Cones
- Football
- Hoop
- Markers

This exercise to develop kicking skills challenges the players to solo and kick with accuracy

Organisation

- Each player has a ball
- Set up a course using cones or obstacles and a target or goal
- In turn the players solo around the cones and punt kick the ball at a the target from a set marker

Key Points

- Drop the ball from the hand on the kicking side
- Extend the arm on the non-kicking side to maintain balance
- Head down, eyes on the ball
- Point the toes and follow through in the direction of the target

Equipment

- An inventory of equipment to support Have a Ball exercises is available in the Resources section

Notes