

These are fun exercises to develop Kicking

EXERCISE 1 ROLL BALL

ORGANISATION

- Each player has a ball
- In a stationary position the players roll the ball back and forward using the bottom of the foot
- Practise this exercise with both feet
- Challenge the players to switch from one foot to the other foot quickly

KEY POINTS

- The foot should remain in contact with the ball at all times
- Extend the arms to maintain balance



EXERCISE 2 DRIBBLE THROUGH MINEFIELD

ORGANISATION

- Each player has a ball
- Dribble the ball through the playing area avoiding the markers
- To vary, the players may be divided into groups; one or more groups navigate the minefield on a signal from the coach

KEY POINTS

- Look up frequently to track the paths of other players
- Using both feet, use the front, the inside and the outside of the foot to control the ball



EXERCISE 3 GROUND KICK: PARTNER PASS

ORGANISATION

- The players work in pairs; one ball per pair
- In turn each player kick passes the ball along the ground to the other
- To vary, place the ball on a marker to raise it slightly

KEY POINTS

- Head down kick through the ball
- Extend the arm on the non-kicking side to maintain balance
- Use different parts of the foot to kick the ball



EXERCISE 4 GROUND KICK: THROUGH THE GATE**ORGANISATION**

- The players work in pairs; one ball per pair
- Set up a target gate using markers
- Challenge the players to kick the ball through the gap to one another
- To vary, place the ball on a marker to raise it slightly
- Place a cone or target in the centre of the gate and challenge the players to hit or knock the target

KEY POINTS

- Head down kick through the ball
- Extend the arm on the non-kicking side to maintain balance
- Use different parts of the foot to kick the ball

EXERCISE 5 DRIBBLE AND SHOOT**ORGANISATION**

- Set up a course using cones or obstacles and a target or goal
- In turn the players dribble the ball around the obstacles tee it up on a marker and kick for goal

KEY POINTS

- Use both feet when dribbling the ball
- Extend the arm on the non-kicking side to maintain balance