

These are fun exercises to develop Kicking

EXERCISE 1 THIGH SOLO

ORGANISATION

- Each player has a ball
- In a stationary position drop the ball from the hand to tap it with the thigh before catching it again
- Use both left and right legs
- To increase the difficulty, perform the exercise while walking and then jogging

KEY POINTS

- Drop the ball from the hand on the kicking side
- Extend the arm on the non-kicking side to maintain balance



EXERCISE 2 FOOT SOLO

ORGANISATION

- Each player has a ball
- In a stationary position drop the ball extending the kicking foot to flick the ball back into the hands
- Practise using both left and right feet
- To progress, perform toe taps while walking and then jogging

KEY POINTS

- Drop the ball from the hand on the kicking side
- Straighten the leg and kick the ball with the front of the foot flicking the toes upwards



EXERCISE 3 BOUNCE AND KICK

ORGANISATION

- Each player has a ball
- In a stationary position drop the ball allowing it to bounce
- Kick the ball as it returns from the ground

KEY POINTS

- Drop the ball from the hand on the kicking side
- Plant the non-kicking (supporting) foot beside the ball as it bounces



EXERCISE 4 OFF THE SHELF

ORGANISATION

- Each player has a ball
- Standing with the supporting foot forward, hold the ball in front of the body balanced on both hands
- Allow the ball to roll gently off the hands as if it were rolling off a shelf
- Kick the ball as it falls
- Initially this exercise is easier to perform using a balloon

KEY POINTS

- Drop the ball from the hand on the kicking side
- Extend the arm on the non-kicking side to maintain balance



EXERCISE 5 KICK FROM THE HAND: TARGET 1**ORGANISATION**

- Use poles or cones to mark a target area at a wall
- Individually or in turn the players kick the ball to hit the target

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

EXERCISE 6 KICK FROM THE HAND: TARGET 2**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 gate to one another

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

EXERCISE 7 OVER THE RIVER**ORGANISATION**

- Divide the players into two groups; each player has a set number of 'lives'
- The players kick pass the ball over a centre zone, a net or guard
- If the ball drops in the centre zone the player who kicked it loses a life
- Use a soft or sponge ball when introducing players to this game

KEY POINTS

- Ensure the players have enough room to move around safely

EXERCISE 8 FOOT SOLO AND SHOOT**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