Kangaroo-Boomerang Kick

it doesn't roll away) placed about 5 m from a wall diameter soccer ball resting on a beanbag (so that Resources: A flat firm floor surface with a 20cm

Starting Position:

Child stands behind the ball and facing the wall.



Movement:

a larger step (so start them a little further behind the ball) getting distance, then it might be that they need to take child to shift weight. If the child is having difficulty matter about direction. Strong kicking encourages the wall and comes back. Aim for a strong kick; it doesn't Step forward their foot (shoelaces) hard enough so that it hits the the knee. The child then kicks the ball with the top of takes their kicking leg backwards at the hip and bends placing the foot to the side of the ball. The child then The child steps forward with their non-kicking leg beside bal

(like goal posts) to encourage accuracy ball is almost coming back to them, then use markers Once the child can kick strongly enough so that the Draw kicking leg

backward

Critical point

The child should be able to stand on one leg long enough to get a good back swing with the kicking leg



Kick with top of the foot

Baby Monkeys

diameter firm ball. Resources: A flat firm floor surface with a 20cm

Starting Position:

In pairs, children stand about 2m apart.

Movement:

tarting position

absorb the weight of the ball or step back with the leg chest. They should be encouraged to crouch gently to gently to the other child. The child catching should grasp and holds the ball with 2 hands. The ball should be tossed the same side as their throwing arm the ball with both hands and bring the ball towards their foot forward (the leg opposite to their throwing arm) facing each other. The child throwing stands with one (about shoulder width) and arms forward and palms The child catching stands with their feet slightly apart

already have this skill. If the child can catch without should be encouraged to catch with just their hands. Leg trapping the ball against their chest, then they This is the beginning of catching. Some children might

Critical point:

side as the throwing arm. Remind the child throwing to step forward with the leg opposite to the throwing arm. The child catching should step back with the leg the same





