



Activity Information



Age: Kindergarten / Pre-school, Foundation, Year 1, Year 2, Year 3, Year 4, Year 5, Year 6



Participants: 1 +



Equipment: Soccer balls, Soccer goals, Markers, Witches Hats, Targets



Duration: 10 minutes

A circuit-based activity to explore all different kinds of soccer kicking! Modify to suit your group's ability, size, and available equipment. Use simple KIDDO activities as your circuit stations.

Skill focus:

Explore these skills for teaching tips

Kicking (Soccer)

Dribble (Soccer)

Kicking Stations



Set Up:

Using any available equipment, set out different simple kicking stations. Try to incorporate different kicking objectives, such as power or accuracy. You will likely need any kind of targets, markers to show where to stand, soccer balls, soccer goals, witches hats, and/or hoops.

Note: You should choose activities that are easily reset by the children.



How to play:

Step 1:

- Separate children into different groups to allow them to play independently (you can also choose to move around the circuit as a whole group if numbers allow)
- Before beginning, take the children around the circuit, explaining and demonstrating the appropriate kicking skill, and how to do the activity. Some KIDDO examples of good circuit games include;
 - Soccer Bowling: children kick at witches hats set out like bowling pins
 - Battleships: children kick at small cones with beanbags on top
 - Rob the Nest: children dribble whilst playing this classic KIDDO game
 - Space Invaders: children attempt to kick their ball into hoops
 - Kicking Zone: children kick as far as they can and see which colour zone they land in
 - Ready, Aim, Fire: children kick the ball and attempt to knock down targets

Step 2:

- Children complete the activity at the station for a designated time, and then move to the next station in a clockwise motion

Step 3:

- After children have played at all the stations, if time allows, let them choose their favourite station to play at again!

Physical Literacy Tips:

- Circuit games are a great way to allow children to explore independent play, just ensure you demonstrate each game before beginning so children know what they need to do
- Depending on how long your circuit is, consider including a drink/brain break if children are losing focus
- Demonstrate the kicking skill and let children practice before entering the circuit

Variations:

Make it easier

- Have less stations to allow children time to adjust to each new activity
- The group moves along the circuit together
- Make kicking distances shorter/targets larger

Make it harder

- Have more stations
- Include variations available at each station for children to challenge themselves
- Encourage children to try kicking with their non-dominant foot
- Make kicking distances longer/targets smaller