

Target Practice

Age:	3 - 8 Year olds
Participants:	4 - 30
Time:	10 Minutes
Equipment:	Cones, flat markers, soccer balls, variety of targets including soccer pop-up goals, beanbag, witches hats

Skill(s):



Kicking (Soccer)



Dribbling

Set Up:

- Place cones in a large square 10m x 15m
- Outside of square spread out a variety of targets
- Targets could include:
 - Pop-up soccer goals
 - Witches hats set up in skittle formation
 - Beanbag on top of witches hat
 - Hurdle
 - Cones
- Place a flat marker two metres in front of each target
- All children start in square with a ball



Description:

Before starting the activity revise kicking technique, practice without a ball.

Each child has a ball. Children dribble with their feet slowly around the activity space. On your command of Ready, Aim, Fire they dribble to a flat marker near to a target and they try to kick the target with their ball. Collect balls, fix up targets and continue. Try a different target each time.

Variations:

- On Ready, Aim, Fire children have to dribble around and kick at as many targets as possible
- Make targets more challenging, by having them further away to encourage powerful kicks
- Start by dribbling while walking and then gradually increase the speed of dribbling

Teaching Points:

Kicking

- Eyes on the ball
- Kicking foot like a penguin (turn it outwards)
- Step (next to the ball), swing and kick

Dribbling (soccer)

- Keep the ball close to the body
- Small, soft taps of the ball
- Use both feet

