

MOTOR SKILLS FUN WORK

Practice for Kicking

Practice doing some or all of these skills each day of the week.

Check off in the box each day that you worked on your skills.

Skill challenge one:

You can dribble with your feet just like you can dribble with your hands. When you dribble with your feet, you are kicking the ball short soft kicks in front of you while you are walking, jogging or running. That is one way soccer players move the ball up the field. See how far you can "dribble" the ball without losing control.

Skill challenge two:

Set up 3 empty liter bottles or milk jugs at different spots in an open area. Using a ball that you like kicking, stay in one spot and see if you can kick all the targets over. Try it from close up as well as far away. See how far away you can get and still hit your targets. Try to knock them over 3/3 times.

Skill challenge three:

Find someone to be your partner. Practice kicking the ball to them, moving, and then receiving a kick back. Be sure to keep space between you and your partner and not kick it too hard so that it goes by them.

Cues (or things to remember):

- Take a step towards the ball before kicking it
- Kick with the instep (or side of your foot)
- Be sure not to kick with your toe because you have less control
- Follow through with your leg after kicking

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Comments from you or someone important to you:
