Kicking Activities

1. Kick a ball to a partner that is three steps away from you to practice your short kicks.
2. Kick a ball to a partner that is ten steps away from you to practice your long kicks.
3. Kick a ball as far as you can.
4. Make a goal using two jumpers, bottles, bags, or anything that is not valuable. Try and kick the ball into the target 5 times in a row.
5. Place a bucket on its’ side on the ground, try to kick the ball into the bucket.
6. Play Alphabet Ball Alphabet ball is a kicking activity that combines learning with kicking skills. Playing is simple. All the players stand in a circle. In the simplest version, the player with the ball says the letter ‘A’ and randomly kicks it to another player, who responds with ‘B’. The game continues as the players go through the alphabet.

Practice the activities using big and small sized balls.

