



SKILL TO PLAY

KICKING



WEEK 5

KEY

CONE BALL PLAYER DIRECTION OF TRAVEL

KICKING A BALL TO A GROUND TARGET

- Can you kick a ball to hit a target that doesn't move?
- Can you kick a ball to hit a target that is moving?
- Can you kick the ball whilst running?

KICKING A BALL TO A PLAYER RUNNING



MOVE TO PLAY

Squat	Vertical Jump
CLICK HERE FOR MORE INFORMATION	CLICK HERE FOR MORE INFORMATION

THINK TO PLAY

- I conduct my own practice away from school/club.
- I record the things I do/try/practice as a video or diary.

LIVE TO PLAY

- Find a suitable time and place to practice.
- I know eating well will help me to perform and recover.

