


Stage: Yr 1-2 - Kicking

Content Outcomes:

Lesson Number: 1

Resources/Equipment

Footballs, Cones (minimum of 3 colours), goals

LESSON SEGMENT & TIMING	CONTENT/LEARNING EXPERIENCES	KEY TEACHING POINTS	ORGANISATION/PROCEDURE
<p>Warm Up(5 mins)</p> <p>Lesson Content (10 mins)</p> <p>Modified Game (10mins)</p> <p>Conclusion (5mins)</p>	<p>Step, Drop, Kick</p> <p>Mark Ups</p> <p>Goal Kicking</p>	<ul style="list-style-type: none"> • Grip- laces face target, fingers down the seam on the ball. • Step- Step onto no preferred for a stable base. • Drop- Ball is dropped down over the striking foot. • Kick- Swing striking foot with a pointed toe to contact the ball. <ul style="list-style-type: none"> • Kicking to a target • Aim to hit the targets chest. <div style="text-align: center;">  </div> <ul style="list-style-type: none"> • Set Up- Aim the body at the target (between the goals) • Drop- ball over kicking foot. • Kick- Swing striking leg with pointed toe towards the target. 	<p>Kicking Set Up 2 lines of cones 5m apart (2 different colours)</p> <p>One line of cone (another colour) 5m apart.</p> <p>Distance- Place distance markers, each distance has a different score.</p> <p>Targets- Place a hoop, cones in a ring for the ball. Ball stops in it and points a re scored.</p> <p>Marks Up Groups of 5, 4 players spread to make a 10x10m square. Players kick the ball to player in the middle to mark. Mark the ball and swap with the player in the middle. Objective- First group to have every player mark the ball in the middle</p> <p>Goal Kicking 6 Markers to spread out in front of the goals at an appropriate distance.</p> <ul style="list-style-type: none"> - Front line all kick together - Count amount of footballs that go through - Swap lines once everyone has had a kick.