



Learn Footy @ home!

SESSION 2 - KICKING



1. How to Kick



(Source: www.youtube.com/watch?v=v6K-b-QHBe4&feature=youtu.be)



2. Skill Activity: Figure 8



3. Footy Activity: In the Bin



4. Fitness Challenge: Ab Planks!

@aflcanada



Share your skills with us!