

KICKING

Like throwing, kicking is a motor skill that projects an object, but unlike throwing it uses a strike to project the ball. It therefore requires perceptual skills and foot-eye coordination in order to consistently make contact with the ball.

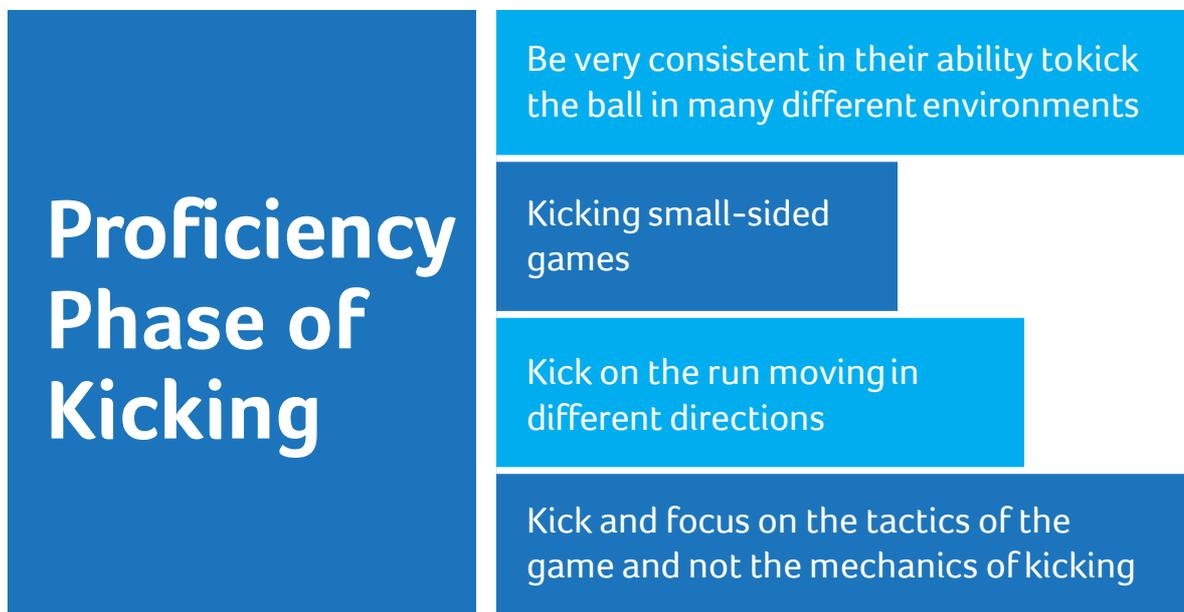


What stage is your child?

Once your child has mastered the stages of kicking they move into the utilisation and proficiency stages of kicking.



The goal during this phase is to slowly get your child to kick in situations that are more complex, starting with individual activities and leading up to partner kicking activities and small-sided kicking and passing games. Your child will still show lots of variability at this stage.



The goal of this phase is to get your child to the point where they do not consider the actual act of kicking, instead they are focused on the tactics of the game. Your child will have confidence in their ability to kick in a wide variety of challenging situations.

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Why is kicking important?

Balance

Balance is the ability to maintain the equilibrium of the body when it is placed in various positions. It is an important skill as balance is required for playing sport and physical activity.

Stepping with opposition

This is how your child moves their legs and hands in opposition (right hand throws, left foot steps). Moving in opposition is important as it helps your brain develop and grow. It sends messages across the mid-brain and to both sides of the body.

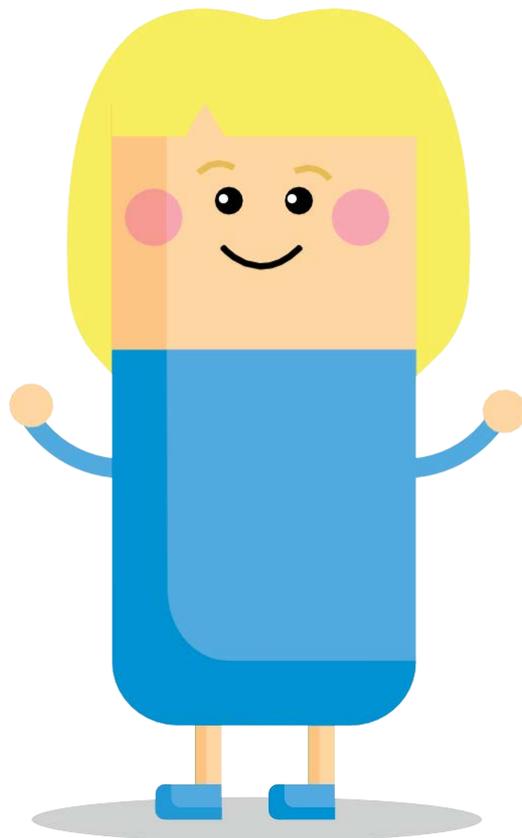
Multi-limb coordination

This is how your child can use both their legs and arms at the same time. It is a complex skill and helps with brain growth and development.

Foot-eye coordination

This is how your child sees an object and can get their feet in the right place.





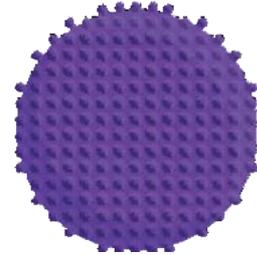
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What equipment should I use?

Beach balls



Soft balls



Non-sting footballs



What you say to your child...

Teaching cues for kicking

“Eyes on the ball”



“Look for the target”

“Dribble it”

