

Stage: Foundation - 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
Warm Up(5 mins) Lesson Content (10 mins) Modified Game (10mins) Conclusion (5mins)	Kicking off the ground (Stationary ball) Step, Drop, Kick Goal Kicking	<ul style="list-style-type: none"> Stationary foot planted next to the ball. Striking foot, swings through with pointed toe when contacting the ball. 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. 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. 	Kicking Set Up 2 lines of cones 5m apart (2 different colours) One line of cone (another colour) 5m apart. Distance- Place distance markers, each distance has a different score. Targets- Place a hoop, cones in a ring for the ball. Ball stops in it and points a re scored. Goal Kicking 6 Markers to spread out in front of the goals at an appropriate distance. - Front line all kick together - Count amount of footballs that go through - Swap lines once everyone has had a kick.