

SKILL CARD GREEN #1 – KICKING

Players required: 1 or 2
Total Time: 15 minutes
Skills: Kicking
Warm Ups: Dynamic Warm Ups

Intensity: Low
Variation: Low
Difficulty: Easy

ACTIVITIES	REPS	TIME
1. Grip Work – Ball around Body	10 each way	
2. Grip Work - Figure of 8 through Legs	20	
3. Grip Work – Ball Palming (1 hand to other)	20	
4. Physical Activity – Core Stability (Bridges)		1min
5. Kick to Self (Head high)	20 each leg	
6. Fence Kick (In pairs)	20 each leg	
7. Physical Activity – Core Stability (Side Bridges)		2mins

Outcomes: Improved Ball Control / Kicking accuracy – Core Stability
Cues: Eyes on / Balance