

SKILL CARD YELLOW #2 - KICKING

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

Intensity: Medium
Variation: Medium
Difficulty: Medium

| ACTIVITIES | REPS | TIME |
|--|-------------|--------|
| 1. 20m Hang Kick (In pairs) | 30 each leg | |
| 2. 15m Triangle Kick off 1 step (In 3's) | 20 each leg | |
| 3. Physical Activity – Core Stability (Bridges) | | 1 min |
| 4. Solo Run x 4 over 40m | | |
| 5. Depth Perception Kicking (At goal posts) - Vary Distances x 3 | 10 each | |
| 6. Line Running Kicks | 10 each leg | |
| 8. Physical Activity – Core Stability (Side Bridges) | | 2 mins |

Outcomes: Improved ball handling / Kicking accuracy – Core Stability
Cues: Balance