

SKILL CARD RED #3 - KICKING

Players required: 1 or 2 players
Total Time: 15 minutes
Skills: Kicking
Warm Ups: Dynamic Warm Ups 20m

Intensity: Medium
Variation: High
Difficulty: Medium

	ACTIVITIES	REPS	TIME
1.	Hanging Kick for distance	10	
2.	Kicking for Goals stationary (20m)	5	
3.	Kicking for Goals stationary (30m)	5	
4.	Physical Activity – Core Stability (Bridges)		1 min
5.	Kicking for Goals on the run (20m @ 45 degrees)	5	
6.	Kicking for Goals on the run (30m @ 45 degrees)	5	
7.	Dribble Kick off outside of boot (use the ground)	5 each side of goals	
8.	Physical Activity – Core Stability (Side Bridges)		2 mins

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