



KICKING

SOCCER DRILLS & SKILLS



Mark a starting line and make a "goal" with cones or use a real goal. The child will kick stationary toward the goal using the shoelaces to contact the ball. The child takes 2 to 3 steps toward the ball and kicks the bottom half of the ball. The child will direct the ball toward the goal, where the parent will play goal keeper. As the child improves the shooting distance should be moved back.

Game: Busy Bees

Have the children "Buzz" around like a bunch of bees. Make sure you pretend to hear the bees and begin saying that you don't like bees. Have one of the parents kick the other parent with the ball and you fall down and yell "Ouch the bee stung me!" Be very dramatic and the kids will begin stinging (kicking) you with their ball. Make sure you move around and stop frequently.

