



# SKILL TO PLAY

## KICKING



### WEEK 11

**KEY**

CONE      BALL      PLAYER DIRECTION OF TRAVEL

**KICKING A BALL TO A GROUND TARGET**

- Can you kick a ball to hit a target that doesn't move?
- Can you kick a ball to hit a target that is moving?
- Can you kick the ball whilst running?

**KICKING A BALL TO A PLAYER RUNNING**



**MOVE TO PLAY**

Squat	Vertical Jump
<a href="#">CLICK HERE FOR MORE INFORMATION</a>	<a href="#">CLICK HERE FOR MORE INFORMATION</a>

**THINK TO PLAY**

- I conduct my own practice away from school/club.
- I record the things I do/try/practice as a video or diary.

**LIVE TO PLAY**

- Find a suitable time and place to practice.
- I know eating well will help me to perform and recover.

