

Large Ball Kick



Approach: Open space

Focus: Kicking.

Resources: Large ball, 2 cones, 4 bibs.

Level: Year 4 and year 8

Questions/instructions:

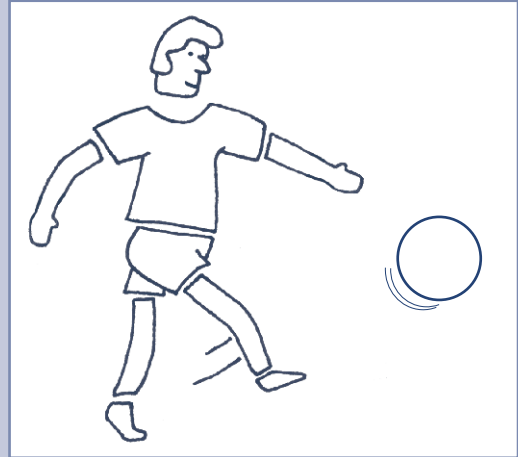
1. Place ball on the **3 metre** mark.

From a standing position, kick the ball between the cones (10m away, 3m apart).

Have **3** goes - the first one is a practice kick.

2. Start dribbling the ball from the **start** mark, then kick the ball between the cones before you cross the **3 metre** mark.

Have **3** goes - the first one is a practice kick.



	% responses	
	y4	y8
Placed ball – number of firm, reasonably accurate kicks:		
3	71	76
2	21	17
1	6	6
0	2	1

Placed ball – technique: <i>(non-kicking foot near ball, knee bent 90+ degrees during back swing, ball contacted with top or side of foot, opposite arm swings forward, kicking leg follows through towards target)</i>		
very good/excellent	18	30
good	47	43
fair	32	26
poor	3	1

Dribbled ball – number of firm, reasonably accurate kicks:		
3	58	68
2	26	23
1	14	8
0	2	1

	% responses	
	y4	y8
Dribbled ball – control: <i>(walking/running with ball, kicking within zone)</i>		
very good/excellent	15	31
good	40	47
fair	37	21
poor	8	1
Total score:		
11-12	18	31
9-10	37	39
7-8	26	21
5-6	14	8
0-4	5	1

Commentary:

Students enjoyed good success in making firm, reasonably accurate kicks. About 40 percent of year 4 students and 25 percent of year 8 students lacked good technique (stationary kick) or good control (dribbled ball).