

# TEACHING POINTS FOR KICKING



Approach the ball from behind and slightly to the side



Place the non-kicking foot to the side of the ball



Swing the kicking leg back to make an angle of at least 90 degrees



Bring the kicking leg forward fast, making contact with the ball using the shoe laces or instep of the foot

# TEACHING POINTS FOR KICKING



Swing the arm opposite the kicking leg forward and sideways



Follow through in the direction of the target



Ensure that the trunk leans forward and the arm opposite the kicking leg swings forward during contact

# EXTERNAL CUES

## KICKING



Teaching Point	External Cue
Approach the ball from behind and slightly to the side	<b>Kick from around the bend</b>
Place the non-kicking foot to the side of the ball	<b>Press the button beside the ball</b>
Swing the kicking leg back to make an angle of at least 90 degrees	<b>Get the leg ready to pull the trigger</b>
Bring the kicking leg forward fast, making contact with the ball using the shoe laces or instep of the foot	<b>Shoelaces to the ball</b>
Swing the arm opposite the kicking leg forward and sideways	<b>Chop across the body</b>
Ensure that the trunk leans forward and the arm opposite the kicking leg swings forward during contact	<b>Lean towards the ball</b>
Follow through in the direction of the target	<b>Foot follows the ball</b>



## Introducing the skill of kicking

Try to kick a ball...	Effective questions
• as hard as you can	<i>How does it feel? Where is the power coming from?</i>
• as soft as you can	
• with hard hands stuck to your sides	<i>Why are your hands important?</i>
• with your hands in the air	<i>How can this help or hinder the kick?</i>
• from a standing position with no leg backswing	<i>Is it powerful? Why is this?</i>
• from a standing position with a large, long backswing	<i>How is this different?</i>
• from a run up with a big backswing	<i>How does the run in effect the kick?</i>
• from a run up with no backswing	<i>What do we learn from doing this?</i>
• and hit a target on the wall	<i>What happens to the force of the kick?</i>
• to a partner controlling the speed of the ball	
• with a partner and see who can kick further	
• into a goal	
• over the bar of a goal	
• with both legs	<i>How is kicking with your strong leg different to kicking with the other?</i>
• using all the correct technique outlined	<i>Let's put it all together!</i>



This teacher-led exercise encourages guided discovery and allows pupils to identify the correct technique. Effective questioning can help to guide pupils in their learning.

# TEACHER OBSERVATION

## Common errors and feedback

Common Errors <i>Éarráid Choitianta</i>	Feedback <i>Aiseolas</i>
Looking at the target area rather than the ball	Keep your eye on the ball at all times, even during the follow through phase
The non-kicking foot is placed behind or in front of the ball	Plant your foot beside the ball before kicking it
Using the toe to kick the ball	Kick with your instep or shoelaces
Poking or pushing the ball	Follow through with the kick
Very little force generated	Backswing of your leg should be at least 90 degrees
Losing balance when kicking the ball	Step into the kick and follow through, swinging arm on your non-kicking side

## Kicking Rubric

	Exploring	Developing	Mastering
Movement	<ul style="list-style-type: none"> <li>Movement is stiff throughout</li> </ul>	<ul style="list-style-type: none"> <li>Movement is more smooth but still upright</li> </ul>	<ul style="list-style-type: none"> <li>Ability to approach the ball at speed</li> </ul>
Trunk	<ul style="list-style-type: none"> <li>Trunk remains upright and arm on the non-kicking side not used</li> </ul>		<ul style="list-style-type: none"> <li>Smooth movement with a bend at the trunk and obvious swinging of the non-kicking leg in the backswing</li> </ul>
Legs	<ul style="list-style-type: none"> <li>Backswing of the kicking leg is limited</li> </ul>	<ul style="list-style-type: none"> <li>Backswing is obvious but still not more than 90 degrees</li> </ul>	<ul style="list-style-type: none"> <li>The backswing goes beyond 90 degrees</li> </ul>
Contact	<ul style="list-style-type: none"> <li>Contact with the ball is inconsistent</li> </ul>	<ul style="list-style-type: none"> <li>Contact with the ball is consistent</li> </ul>	<ul style="list-style-type: none"> <li>Contact with the ball is consistent</li> </ul>
Follow through	<ul style="list-style-type: none"> <li>Very little follow through</li> </ul>	<ul style="list-style-type: none"> <li>A follow through is evident but the knee of the kicking leg remains bent</li> </ul>	<ul style="list-style-type: none"> <li>Follow through in the direction of the target is clearly evident</li> </ul>

# IDENTIFYING THE STAGES OF DEVELOPMENT

## Exploring Stage

### *Tréimhse taisceálaíochta*



At this stage, pupils enjoy exploring kicking a variety of different sized balls at various sized targets. The focus is on making contact with the ball and generating as much force as is possible. Characteristics of kicking at the exploring stage:

- movement is stiff throughout
- Trunk remains upright and arm on the non-kicking side not used
- backswing of the kicking leg is limited
- contact with the ball is inconsistent
- very little follow through.

## Developing stage

### *Tréimhse forbraíochta*



At this stage, pupils develop their kicking technique by focusing on distance and accuracy using stationary and moving balls. Characteristics of kicking at the developing stage:

- movement is more smooth but still upright
- backswing is obvious but still not more than 90 degrees
- a follow through is evident but the knee of the kicking leg remains bent
- contact with the ball is consistent.

## Mastering stage

### *Tréimhse Máistrithe*



At this stage, pupils apply the skill of kicking to activities and mini game situations. Proficient kicking technique will be combined with other fundamental movement skills such as dodging and running to partake in an unpredictable, changing environment. Characteristics of kicking at the mastering stage:

- ability to approach the ball at speed
- movement is smooth with a bend at the trunk and obvious swinging of the non-kicking leg
- backswing goes beyond 90 degrees and the follow through in the direction of the target is clearly evident.