

Meet some brilliant sportspeople...



Lucy Bronze is an English footballer who plays for Manchester City. She is widely thought of as one of the best players in the world.



Harry Kane is an English footballer who plays for Tottenham. He scores lots of goals!



Inside of foot



'Kicking for passing'

Teaching Tips

Head over ball-watching the ball carefully-standing leg still and foot next to the ball-follow through the ball.

Progression

Accuracy-power/distance-on the move

Types of kick

Children will be taught how to dribble a ball, how to use the inside of the foot to pass, how to shoot by kicking with the laces and how to drop kick. These will be taught in isolation with plenty of time to practice and then apply to small games. The clip below gives useful teaching points.

<https://www.youtube.com/watch?v=oWuWSwnGmZO>



Laces 'kicking for shooting'

Teaching Tips

Head over the ball-stand front on to the ball-watching the ball-standing leg next to the ball-kicking foot angled so laces will strike the ball-swing from hip-follow through the ball so leg is higher than knee.

Progression

Clean strike-accuracy-power-kicking on the move

Dribbling

Using the inside of foot children to walk with the ball close to their feet under control.



Teaching Tips

Eyes on the ball-tapping the ball three times before moving forward-ball in front

Drop Kick

This is when the ball is dropped in front, the ball bounces and then is kicked. Goalkeepers and rugby players use it to kick the ball a long distance.

Teaching Tips

Stand straight on-drop the ball from chest height-kicking leg should be bent with knee 'cocked,' eyes on the ball-kick through the ball-follow through the ball so leg is higher than the knee.

Progression

Distance and power by increasing speed of leg when kicking

Key vocabulary: Glossary

Dribbling	Running with the ball using the feet to keep it under control.	Shoot	To kick the ball towards the goal.	Pass	To send the ball to another player	Drop kick	To drop the ball and then kick it a long way.
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