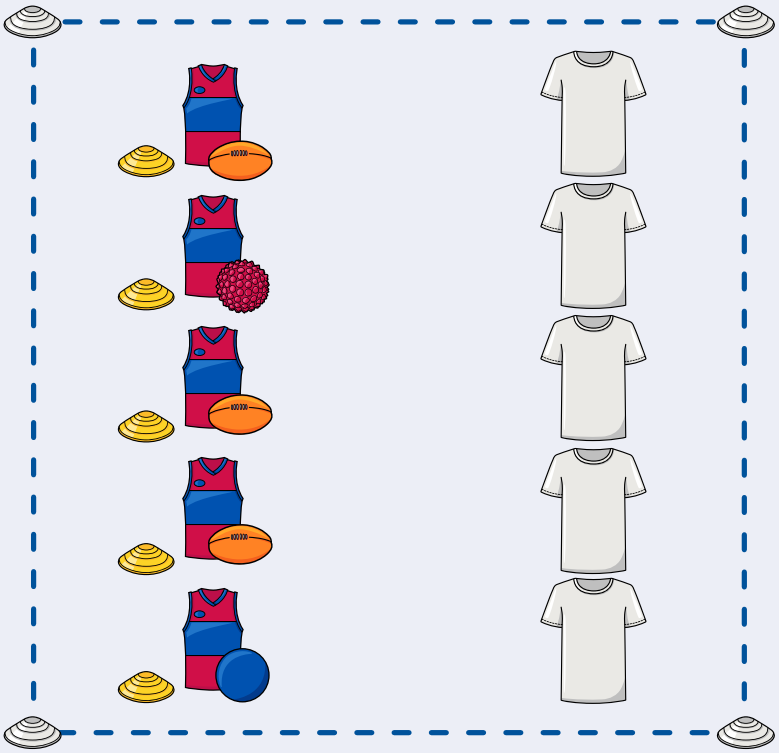
LVL 2 3

COOL KICKS



HOW TO PLAY

1. First up it's free-kicking time! After a few minutes, get everyone listening and explain the three parts of kicking; **the ball drop, the kicking action and pointing the toes.**
2. Show the Auskickers how they should drop the ball (guiding the ball down over their kicking leg). Then show them the way to move their leg to kick! (E.g. point toes in the direction they want to kick the ball). Have the Auskickers practise these steps with and without a ball, before having them practise all three moves together.
3. Put a cone between the Auskicker and the adult and ask them to have a go at kicking their football over the cone.

EQUIPMENT

1 football or roundball, 1 -2 cones and 1 adult per Auskicker.

SET-UP

Auskickers line up behind their cone facing their adult who stands a few metres away. The Auskickers can grab any kind of shaped ball they want.

CHANGE IT UP

- See if the Auskickers want to try using their opposite foot to kick or try using another ball.
- Kick to a different target (such as a hoop). The more advanced Auskickers can aim for a moving target, like the coach!