



Kicking

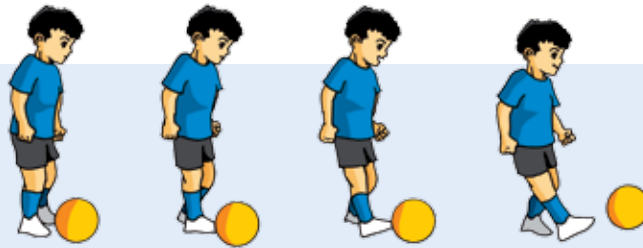
In kicking, force is applied to an object with the foot. The skill requires good dynamic balance as the body weight needs to be balanced on one foot when the kicking foot is lifted off the ground during the kick. Kicking is used in soccer and other daily activities like kicking a stone out of one's pathway.

Young children generally do 'toe kicking' (pushing the object with their toes) which does not get the object far. For force and distance, children need to kick with their in-step, which is the area on top of the foot where the shoelace is tied. Kicking with the inside of the foot (the area between the big toe and the side of the mid-foot) is also useful as it gives the kicker control of the object.

Developmental Phases

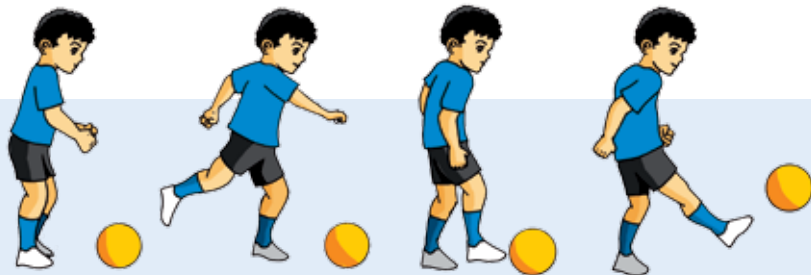
Kicking

Initial



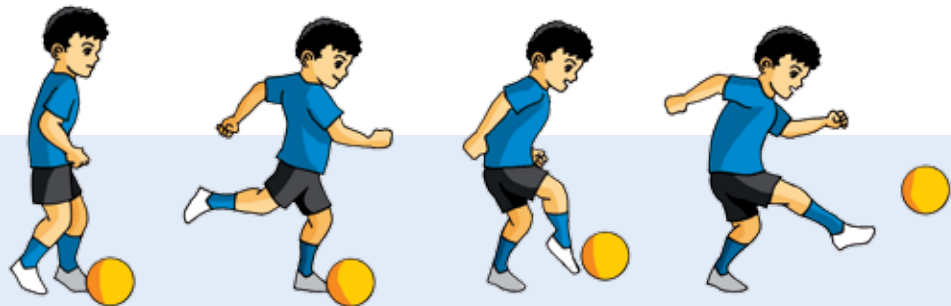
- Body is upright and stationary, with arms either at sides or in front of the body for balance.
- Kicking leg swings backward during the preparatory phase.
- Forward swing is short and stops once the ball is kicked.
- Tends to kick with the toes (toe-kicking) or with the front of the foot.

Transition



- Body is upright, with arms either at the sides or in front of the body for balance.
- Kicking leg swings backward during the preparatory phase. Leg remains bent during the forward swing and straightens to contact with the ball.
- Tends to kick with toes or front of foot.

Mature



- Non-kicking foot is placed next to ball.
- Kicking leg swings back with high knee-bend before swinging forward to kick the ball.
- As the top of the foot (shoelace area) contacts ball, the arms swing in opposition to the legs to maintain balance.
- After the kick, the trunk bends forward slightly (follow-through).

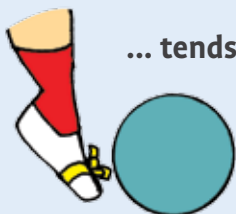
Approximate Age of Development (in years)

Initial	1	2	3	4	5	6	7	8	9	10
Transition	1	2	3	4	5	6	7	8	9	10
Mature	1	2	3	4	5	6	7	8	9	10

Teaching Strategies

Kicking

What to do if your child...



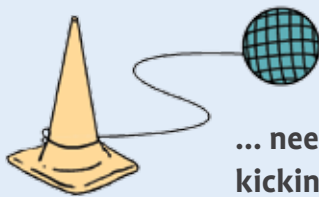
... tends to kick with his toes?

- Tie a coloured ribbon/piece of cloth at the shoelace area of your child's shoes. Show him how the ribbon (top of foot) should make contact with the ball.
- Get your child to practise kicking from a stationary position.



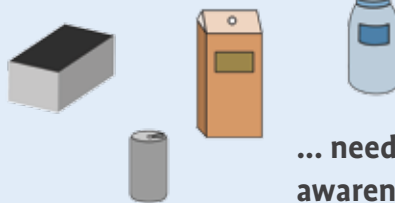
... is not able to kick far and accurately?

- Provide a marker next to the ball and a target line some distance away.
- Give step-by-step cues for your child to step onto the marker and kick: "Step, swing and kick".



... needs to practise kicking independently?

- Put a ball into a netting and tie the end to a long string/rope. Adjust the length according to room space available.
- Tie the other end of the rope around a strong support (e.g. leg of a chair/pole/cone).
- Get your child to kick the ball, after which he only needs to pull the string to retrieve it and start again.



... needs to develop awareness of different strength required for kicking different objects?

- Get your child to practise kicking different objects (e.g. drink cans, plastic bottles, beverage cartons, shoeboxes).
- Kick the objects towards a wall to keep them contained within a space or tie a string/rope to the objects for easy retrieval.

Variations in

“Can your child kick...?”

How the body moves	Force/Effort	Time	Flow
	<ul style="list-style-type: none"> • as light/hard as he can • with his in-step (area on top of the foot where the shoelace is) • with the inside of his foot 	<ul style="list-style-type: none"> • and make the object go slowly/quickly • an object into the air before it reaches the wall/cone • in slow motion 	<ul style="list-style-type: none"> • with a leg straightened out • with a knee bent • with arms next to his body
	<hr/>		
Where the body moves	Location	Direction/Pathways	Levels/Extensions
	<ul style="list-style-type: none"> • from a stationary position • to hit a target nearby/at a distance • and run to stop the ball 	<ul style="list-style-type: none"> • forward/backward • diagonally 	<ul style="list-style-type: none"> • the ball high to make it travel in the air • and make the ball roll along the ground • over a low obstacle/line
With whom/What the body moves	Self (body parts)/People		Objects
	<ul style="list-style-type: none"> • with his left/right foot • to you as you walk slowly towards him • backward to you as you stand behind him 		<ul style="list-style-type: none"> • over the lines/cones at a distance • into a pail lying on its side • through the legs of the chair

COMBINATIONS

- Hard with the in-step and make the ball travel at different heights to reach you as you stand at a distance between two cones
- After walking up to the ball so that it hits any of the two baskets in front of the wall

Activity 1

Kicking

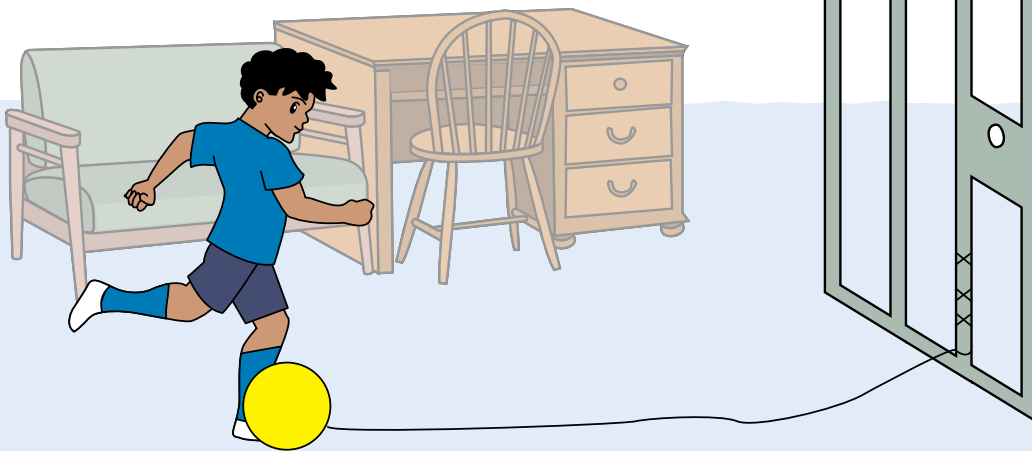
OBJECT CONTROL SKILLS



- Ensure there are no fragile objects nearby during play.

WHAT YOU NEED

- Tapes
- A ball
- A rope



HOW TO PLAY

- Tie a ball with one end of a rope. Loosely tie the other end of the rope around a pillar. Attach three crosses at three different heights on the pillar.
- Stand your child near the pillar, and have him kick the ball towards the first (lowest) cross.
- Increase his distance from the pillar, and have him kick the ball towards the second cross.
- Further increase his distance from the pillar, and have him kick the ball towards the third cross. The increased distance will allow your child to aim before a kick.

BE AWARE

- The rope must be long enough for your child to try kicking at various heights.
- Remind your child to aim at the cross using different parts of his kicking foot. He will discover that accurate kicking comes only by kicking with the in-step or dorsum of his foot.
- With the ball tied to the rope, kicking can be safely done indoors.

PRACTICE MAKES PERFECT

- Do this activity at the void deck or a park. At the park, you may tie the ball to a tree!

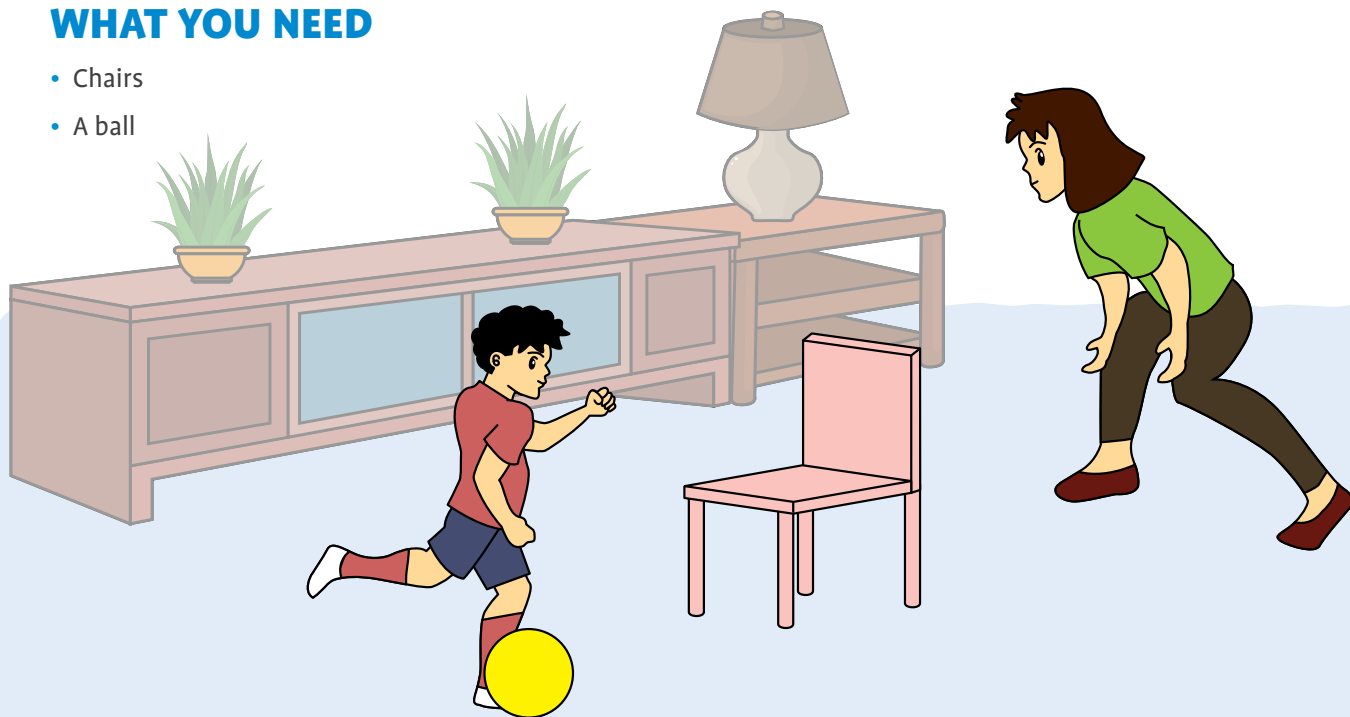
Activity 2

Kicking

OBJECT CONTROL SKILLS

WHAT YOU NEED

- Chairs
- A ball



HOW TO PLAY

- Place a chair between you and your child. Your child must kick a ball so that it passes under the chair to you.
- Gradually add more chairs in a linear arrangement.



- Challenge your child. With each successful kick-and-receive, you and your child must run to each other's current position and switch roles.

BE AWARE

- For the ball to successfully pass under the chairs, encourage your child to bend and swing his knee backward to produce more momentum and force.