



George Jeffrey
Children's Centre
ENRICHING CHILDREN'S LIVES

SKILL: KICKING



Emerging Kick:

- Pushes ball with foot
- Encourage eye contact with the ball
- Provide assistance for balance as needed
- Start with large and progress to small balls
- Progressively kick farther
- 24 to 27 months of age



Developing Kick:

- Contacts with the toe
- Follows through after contacting the ball
- Encourage standing to the side and back of the ball
- Bring the kicking leg as far back as possible
- Work on aiming to a target
- At 4 to 4 ½ years, kicks towards a target



Mature Kick:

- Progress from walking, to running, to jogging to the ball
- Contacts with the inside of the foot
- Work towards kicking a rolling ball
- At 5 ½ to 6 years, kicks a rolled ball

Games to help you learn how to kick a ball

- **Kicking to a partner** – continuously increase the distance between partners
- **Soccer** – set up a net and try and score as many points as you can
- **Knock-em-down** – set up targets such as bowling pins or empty pop bottles and kick a ball to knock down as many pins as possible

