

## Young Athletes in Schools

# Lesson 6: Stationary Ball Kick

**Equipment Needed: cones, slow motion balls, poly spots**

### Warm-Up

- Song: "Row, Row, Row Your Boat"
- Introduce skill development for kicking
- Use simple stretches to get students focused and ready for the activity

### Skill Development/Stations

#### Kicking

- Stand behind the ball. Have the student kick the ball towards you with preferred foot.
- The child's eyes should be focused on the ball; A non-kicking foot should be positioned just behind and to the side of the ball; The kicking leg should bend at the knee for a backswing and should follow through; The opposite arm swings forward as the ball is kicked

#### Penalty kick preparation

- Walk to the ball and kick it
- Have athletes repeat the activity, progressing to running and kicking

#### Kicking for distance

- Encourage athletes to walk or run up to the ball and kick it for distance by having them kick a ball past various markers

#### Kicking for accuracy

- Encourage athletes to walk or run-up to the ball and to kick it toward a goal or between two cones

### Group Activity

#### Kickball

- Roll or kick a ball toward a student and encourage the student to kick the moving ball toward you or a moving target
- Have the student bring the ball to you

- Give students more opportunity to practice by assigning adults to small groups

#### Jumping

- Set up several poly spots in a zig-zag formation around classroom/gym
- Students jump like a kangaroo with 2 feet from one poly spot to the other
- To challenge students, once a student reaches the last poly spot, have student jump high with two feet with arms overhead
- Another way to challenge students is to create step overs with two cones and a yellow dowel in the middle, encourage students to step over with one foot with no assistance, if able, and work towards being able to have a single leg and double leg jump over

### Cool Down/Closing

- "Let's end Young Athletes with a song: 'If You're Happy and You Know It! Sing along with me and do what I do.'"
- If you're happy and you know it, clap and stomp (wiggle your body; fly like a bird: walk around with arms outstretched)
- Breathing exercises

### Suggestions for Classroom Teachers

- For more kicking activities, refer to pages 101–103 of the Special Olympics Young Athletes Activity Guide