

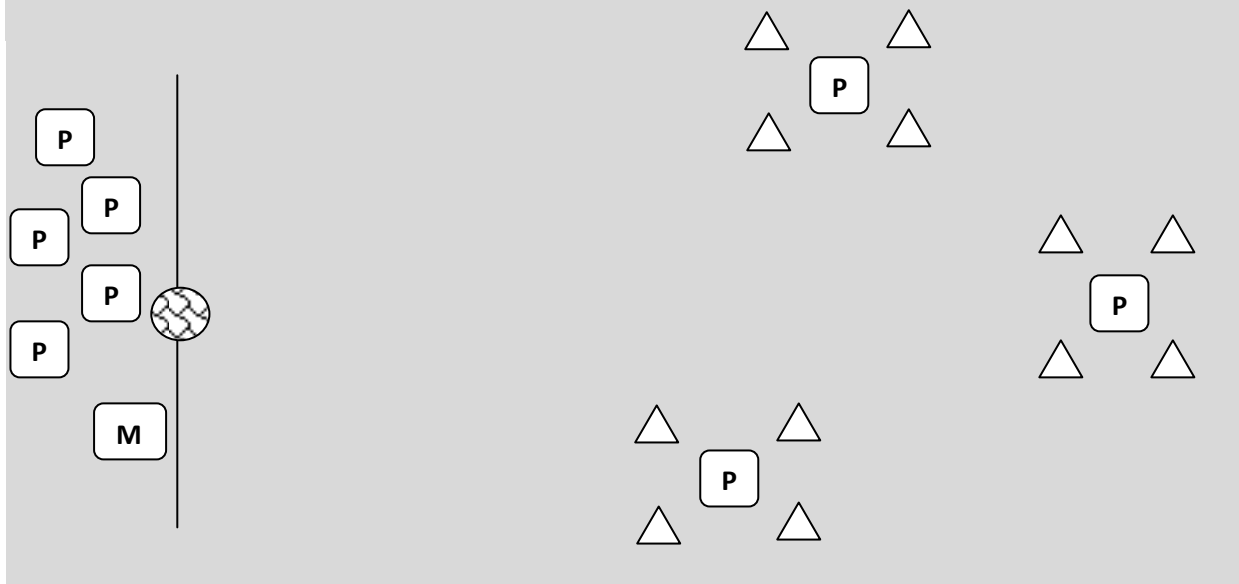
FOOTBALL SKILLS

BASE NO: 8

BASE NAME: 'Kick Fada'

OBJECTIVE: To practice kicking the ball as far as possible

BASE SETUP:



BASE INSTRUCTIONS: *Demonstrate kicking the ball long and accurately*

- Place 3 players in cone squares as shown above
- All the rest of the players will line up behind a line facing towards the cone squares.
- One at a time the players kick the ball out of their hands aiming to kick pass it to one of the players in the cone squares – 1 point for the nearest square / 2 for the middle and 3 points for the furthest away.
- Players must state which cone square they are aiming for before kicking.
- Players in the cone squares cannot come out of the squares.

VARIATIONS:

- Switch the players in the squares
- Don't award points if the ball bounces before the square
- Move the line back if the players achieve the kicks too easily

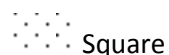
LEGEND:



Cone



Hoop



Square



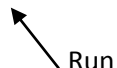
Mentor



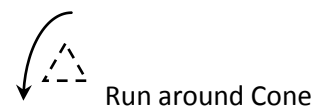
Football



Pass



Run



Run around Cone



Player