

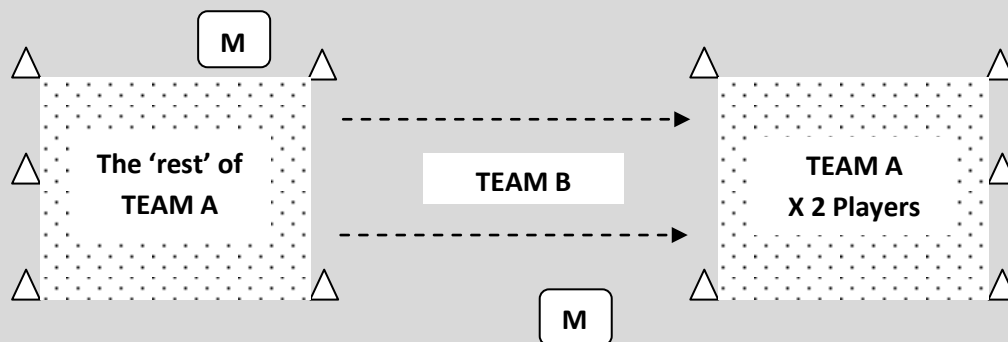
FOOTBALL SKILLS

BASE NO: 6

BASE NAME: 'Long Kicks'

OBJECTIVE: To practice kicking the ball long.

BASE SETUP:



BASE INSTRUCTIONS: Demonstrate the long kick and punt kick.

- Split the group into two teams (A and B)
- Team A is then split in two with two members in one square and the rest in the other square.
- Team B is placed in 'no man's land' in the middle.
- Team A must kick footballs over or past team B to their two team mates in the other square to score points. Mentors can control the kicks by calling players to kick two at a time. (*this will help Mentors to recognize who needs to work on their kicking*)
- Switch teams after a while.

VARIATIONS:

- Don't control the kicks – allow a free for all at the end.

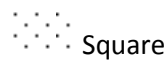
LEGEND:



Cone



Hoop



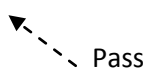
Square



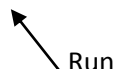
Mentor



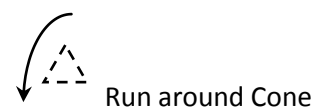
Football



Pass



Run



Run around Cone



Player