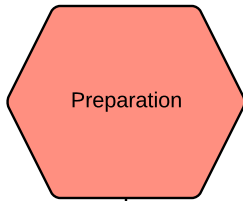


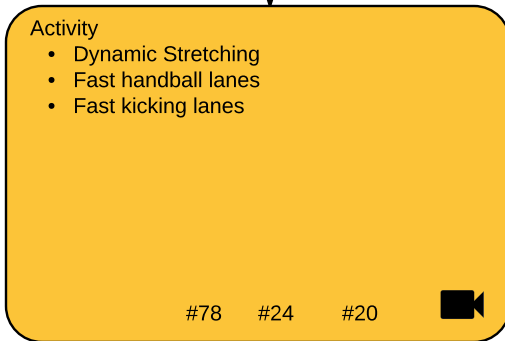
Name: Fast Handballing and kicking
Primary Theme: Hand-balling, Kicking
Secondary Theme: Decision making, Skills Development
Age: 10 - 12
Level: Develop
Length: 80 - 90mins



Preparation

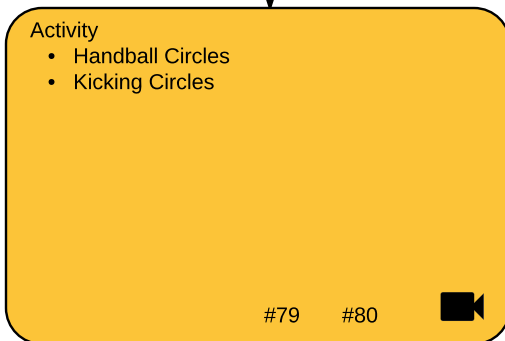
Equipment

- Cones
- Bibs
- Ball ratio of 1 ball for 2 players.



Theme and Focus

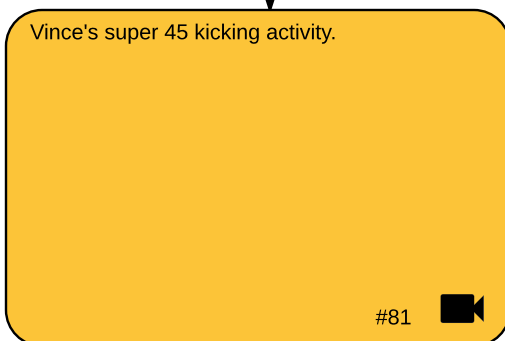
- Dynamic stretching as a team.
- Focus on the lots of voice and movement in the fast handball and kicking lanes.
- Make sure players are paying attention to there skills.
- Handballs need to be spinning backwards.



Again, focus on lots of movement and taking pride in their skills.

Add in extra balls is players are doing well.

If you need to go slower, and players are lining up for too long, then add an extra circle.

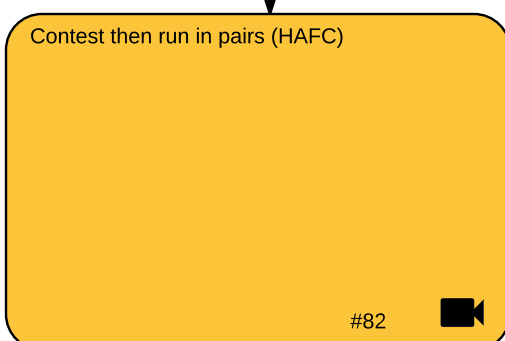


Progress into this activity with hand balls then go out to kicking.

If players have done it before you could go straight into kicking.

Possible modifications are

- Run in pairs
- Do as a handball to learn
- Kick opposite foot



The main focus of this activity is to make players aware of the correct position to be in under a contest.

- Two players not too close to each other.
- Telling team- mates where they are
- Be in the vision on the person who recovers the ball
- Don't get too close to the contest.

If you are having trouble with this activity, scale it back in size and have the kick a lot smaller.