

Title: Target Skills

Grade: 6th 8th

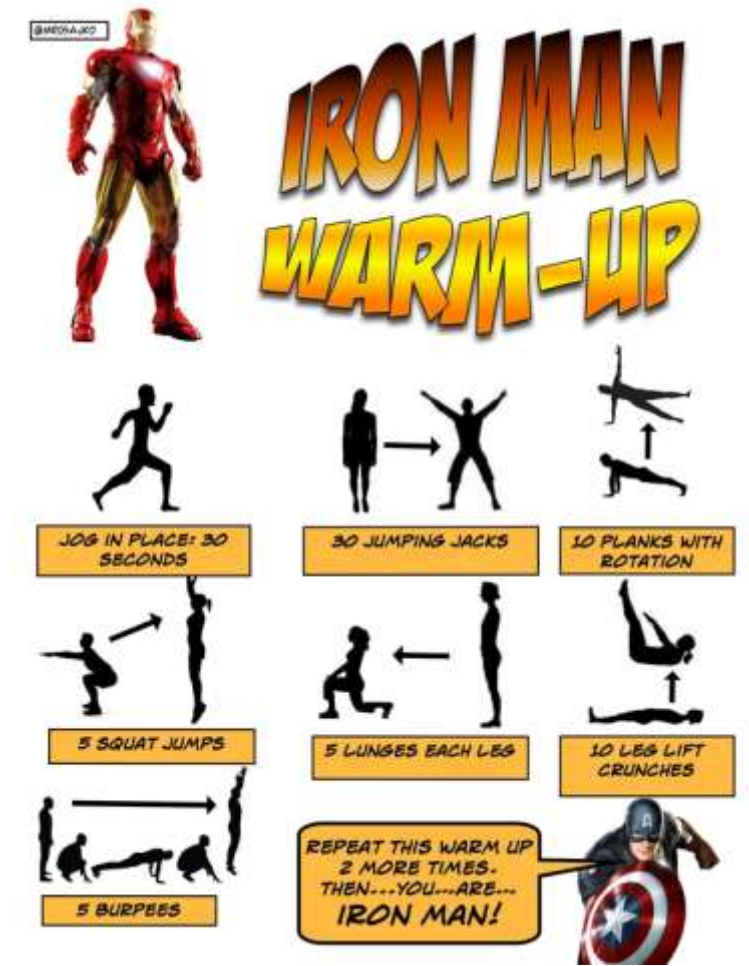
Summary: Soccer or Football Target Skill Drill

Materials: A soccer ball or football, a wall, tape

Teach a Fitness Concept/Skill/or SEL: Today, we are going to be focusing on a target skill, depending on your equipment available at home it may be kicking a soccer ball at a target or throwing a football at a target. This drill activity will help you with developing your kicking or throwing accuracy.

Time to Move!

Warm-up:



You will need to find a wall that you will be able to kick or throw at. On the wall you will place 5 targets. The targets can be tape, chalk, sticky notes, or anything visible.



From the wall you will stand back about 10-15 feet.

Drill:

When kicking a soccer ball:

1. Plant the non-kicking foot about 8-10 inches to the side of the ball.
2. Contact the ball slightly below the middle of the ball.
3. Contact the ball with the instep or laces of the foot.
4. Follow through towards the target.

When throwing a football:

Start with feet shoulder width apart, standing sideways with your non-dominant side facing the target.

1. **Laces:** Spread fingers on laces, gripping ball toward the back (the end closest to you).
2. **Ear:** Pull the ball up and back towards your ear with your dominant/throwing hand bringing your upper arm parallel to the floor.

3. **Step & Launch:** Step with the opposite, non-dominant foot towards the target and throw the ball at the target.
4. **Arm:** Lead with the throwing elbow and extend arm fully toward target. Snap wrist downward as you release the ball.

For this activity, you will either be kicking or throwing a ball to the targets on the wall. You will have to successfully hit each target 5 times.

End Reflection:

Why is kicking or throwing accuracy important? Where are some targets easier to hit than others? In a sport game, how could this skill help you?