

Kicking is a manipulative skill that involves applying a pushing force to an object to propel it with the foot.

The movement starts with a rapid, continuous approach to the ball. The child takes an elongated stride or leap just prior to ball contact.

The non-kicking foot is placed close to the ball. The child kicks the ball with the shoelace area or the inside of the preferred foot, not the toes.

Some common errors that children experience with kicking include: ball contact being made with the toes, and poking or pushing at the ball rather than running up and kicking through it.

Some corrections and verbal cues to address these common errors could include: instructing children to kick with the inside of their foot or the shoelace area, and encourage children to run up prior to the kick and then follow through with the leg after contact.

For younger children, have the children place their foot beside the ball before they kick, and just step forward rather than run up.