



Headteacher: Mr M Grogan

St George's Central CE Primary School and Nursery

KS1

Ball Skills

Have you seen my moving and passing skills?

Key Words	Definition
Pass	To give another teammate possession of an object through throwing, kicking or sliding.
Space	An area that is not taken up by another person, player or opponent.
Direction	The way in which something is travelling.
Rotation	Turning the body to face or move in a particular way.
Underarm	A type of throw used to cover short distances accurately.
Overarm	A type of throw capable of covering larger distances.
Kick	To move an object using the foot.
Control	Keeping the ball close to the body whilst running or receiving and stopping a pass.

Key Skills
Kick with side of foot – starting position behind ball. Step forward, planting non-kicking foot beside the ball. Rotate kicking foot and kick using sweeping action, making contact with the ball centrally, around half way up. Follow through kicking foot.
Kick with instep - starting position behind ball. Step forward, planting non-kicking foot beside the ball. Swing kicking leg towards the ball, toe pointed down and make contact with the laces. Follow through with kicking leg so it swings in front of the body.
Underarm throw – Face target, holding ball in dominant hand. Step forward with the opposite foot. Swing the throwing arm back then extend forward, releasing ball at hip height.
Overarm throw – Side on, bring ball arm back above shoulder height with forward arm pointing at target. Push off back foot and stride forward. Rotate shoulder and flick wrist at release.
Coaching Points
Kicking skills can be practised with a range of equipment before moving on to footballs. To get used to the action, the use of balloons is a fun and interesting way for children to begin.
As children are familiarising themselves with kicking and throwing actions, make sure that they keep their eyes on the ball. As they improve, they will naturally look at their target.



Assessment Focus

- I can throw and kick in different ways.
- I can move and stop safely.
- I can find space in a game.
- Use hitting, kicking and throwing in a game.
- Use a tactic to help me in a game..

'Never settle for less than your best'

Jesus said, 'I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life.' John 8:12