



Fundamental Movement Skills Kicking and Passing Activity

The following activity requires a soccer ball and 2 pieces of equipment that you can use to make a soccer goal to pass your soccer ball through.

To make this game run as smoothly as possible, set up your home made goal in front of a wall or backstop so you don't have to chase your ball.

The game works as follows, you have 2 minutes to score as many goals as you possibly can. Below is a table for you to record your kicking and passing scores. There will be different distances to pass from, you will have to use different feet to pass the ball and your soccer goal will change sizes. All these things are designed to challenge you so as not to make the exercise too simple.

This table refers to the distance the passer is from the goal. Record your score below.

	2 meters from goal	4 meters from goal	6 meters from goal	8 meters from goal	10 meter from goal
Right foot					
Left foot					

This table refers to how wide the goals are. The student passing the ball should be standing 6 meters away from the goal. Record your score below.

	5 meters wide	4 meters wide	3 meters wide	2 meters wide	1 meter wide
Right foot					
Left foot					