Kicking Skills

Teachers report that a benefit of Young Athletes is children having fun with peers.

Let's Practice & Play

Why are they important?

Kicking skills are a key element in many sports and playtime activities. They equip children with abilities they need to play with others.

Getting started: Practice "Stationary Ball Kick"

How to play

1. Place a large ball in an open area outside.
2. Have your child stand behind the ball. Stand a short distance in front of your child and face him or her.
3. Instruct your child to kick the ball toward you with the toe of his or her preferred foot.

Tip: For a variation, set out a marker such as a block. Encourage your child to kick the ball past the marker.

Note to families: Keep this someplace visible as a reminder to be physically active and play together whenever you have a few minutes.

Special Olympics Young Athletes

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More Activities to Try

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Young Athletes builds healthy habits and valuable motor skills through play.

Passing Practice: Stand a short distance from your child and kick a ball back and forth to each other. For a variation, invite other children or family members to stand with you and your child in a circle. Have each person kick the ball to another person, keeping the ball in the circle.

Give and Go: Create a goal using two cones or plastic soda bottles filled with sand. Kick a ball to your child. Encourage him or her to kick the moving ball to score a goal.

Three-Pin Bowling: Spread out two ropes to make a bowling lane. Stack three empty plastic cups in a pyramid shape at the end of the lane. Instruct your child to kick a ball so that it knocks down or moves the cups.

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