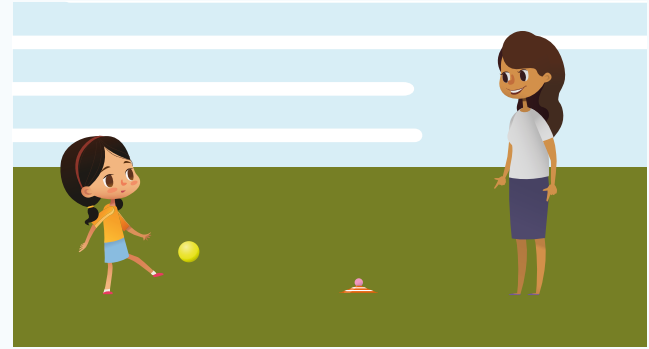
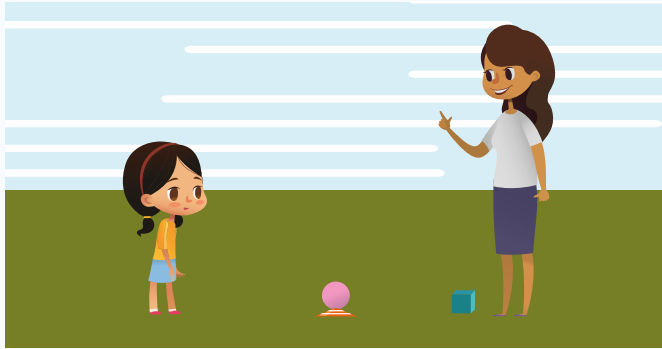




# Coconut Kick



## Getting Started

1. Stand opposite your child and place a target in between yourselves (ball, bottle, cone)
2. Take turns to kick the ball to try and hit the target.
3. The first to hit the target wins.

## What to look for

Make sure the kicker is planting their non-kicking foot next to the ball. A spot or a line can be used to mark this point

Encourage the kicker to use the side of their foot or their laces, NOT their toes!

## Ways to change the game

### Easier

- Use a cube to kick instead of a ball as it will remain stationary
- Place a bean bag under the ball to keep it stationary
- Decrease the distance from the 'coconut'
- Larger 'coconut'
- Standing start

### Harder

- Increase the distance from the 'coconut'
- Smaller 'coconut'
- Running start

## Ideas:

Ideas for targets:

- Bottles
- Cones
- Bottles
- Chalk markings.

Instead of kicking a ball, you could use:

- Rolled up socks
- Rolled up paper
- Balloons.