



Kick Tennis

Skill – Kicking

TYPE
Open

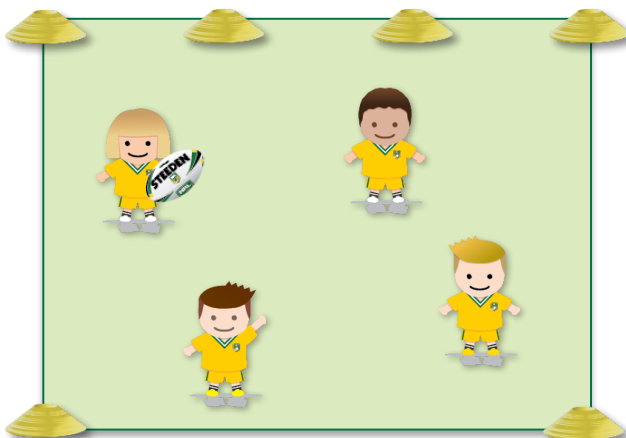
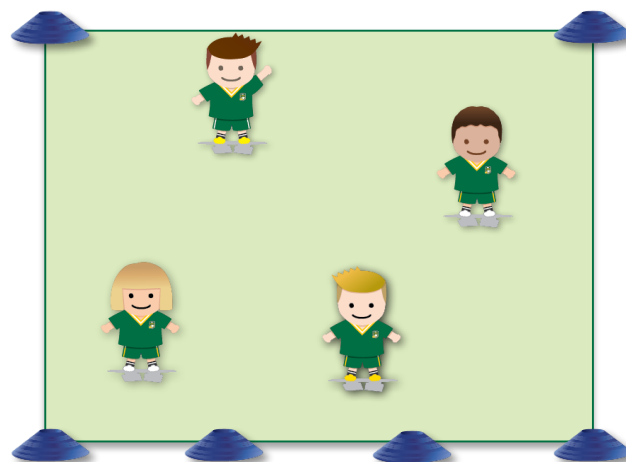
AGE
10+

Description

- » Split the team into two groups.
- » Yellow starts with the ball and kicks it over the 'no mans land' in the middle.
- » If green catches the ball on the full, they return the kick. If it bounces, they lose a point.
- » If the ball is kicked out, that team loses a point.

Progression

- » After the ball is caught, add a play the ball and pass before the kick is returned.
- » Add two passes
- » Make the field bigger or smaller
- » Add more or less players



Field Size

(20m)



(10m)

Players



x (4 minimum)



x (4 minimum)

Equipment



x (12) Markers



Whistle



x (1) Football Per Group



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