



Kick Tennis

Equipment required:

20 to 30 cones (or a skipping rope to create a line) and 1 – 2 footballs

Aim:

Improve kicking and ball handling skills in a fun environment

Action:

Create a playing area consisting of two 15m x 10m rectangles with a 5m gap in the middle

Players kick the ball over the net area (5m gap) into the opposition's rectangle. The ball is not to go above shoulder height on the full when kicked

Points are awarded if the opposition team fumbles the ball or the kick goes beyond the back line.

Equally a point will go against a team if the kick lands outside the rectangle area on the full or makes contact with the ground in the net area (5m gap)

