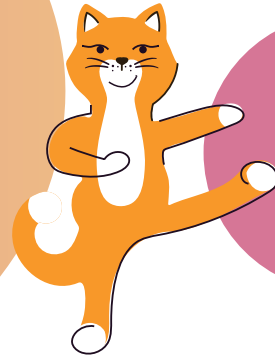


## Chapter 2

# Kicking and Receiving



## Introduction

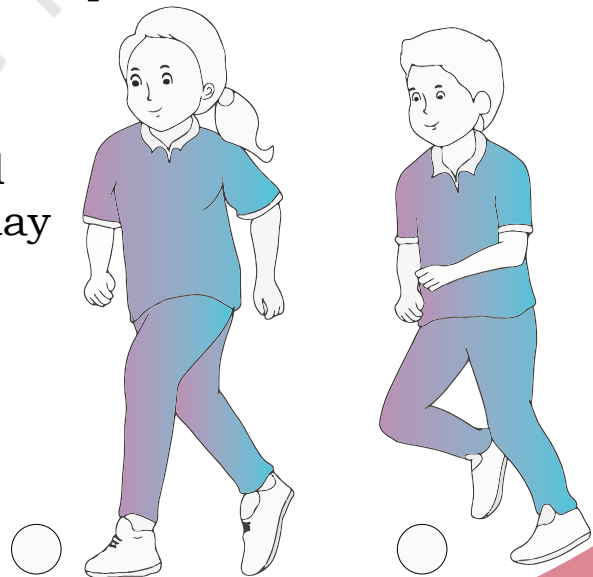
Have you played football?

In football, we kick the ball to our partner and receive the ball as well.

*Kicking* is an important movement in which we kick a ball using our feet in the desired direction.

*Receiving* is also an important movement in which we receive a ball with the help of our feet without losing control.

Let us learn about how to kick and receive a ball with our feet and then play some games!

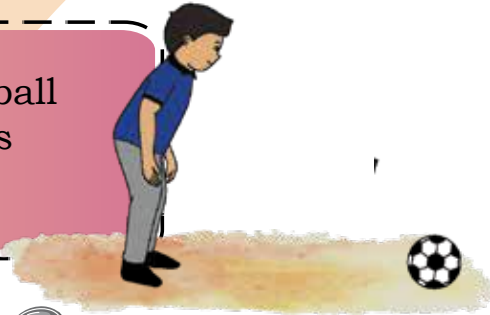




## Kicking

**1**

Stand behind the ball and keep your eyes focused on it.

**2**

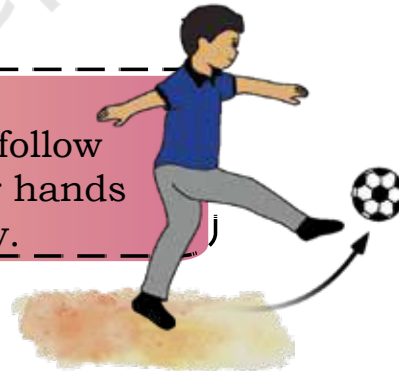
Move towards the ball.

**3**

Keep the non-kicking leg to the side of the ball and then swing the other leg to kick the ball.

**4**

Let the kicking leg follow the ball. Move your hands to balance the body.



### Note for the teacher

Ensure the following while children practice kicking—

1. Stance: legs are shoulder width apart and knees are not bent too much.
2. Approach: approach is slightly to the side of the ball while stepping forward on the kicking foot.
3. Kicking: streamlined action of leaping forward on the non-kicking foot to the side of the ball. Swinging back the kicking leg and bringing it swiftly to kick the ball.
4. Follow through: arm opposing the kicking leg goes forward and the body is in balance.



## Receiving

**1**

Stand with knees bent and body facing the direction of the ball.

**2**

Raise one leg to receive the ball. Keep the other leg firmly on the ground.

**3**

Receive the ball and move the leg slightly backwards.

**4**

Balance your body as the ball touches the ground.



### Note for the teacher

Ensure the following while children practice receiving skills—

1. Stance: legs are shoulder width apart, knees are not bent too much and the body is facing towards the direction of the ball.
2. Anticipate and be ready: anticipates the path of the ball and keeps non-receiving foot firm on the ground.
3. Receiving: shifts the body weight on non-receiving foot, always receives the ball on instep of receiving foot and on contact takes the foot slightly back.
4. Follow through: keeps the body low and balances the body by shifting the body weight as required.



## BM 7

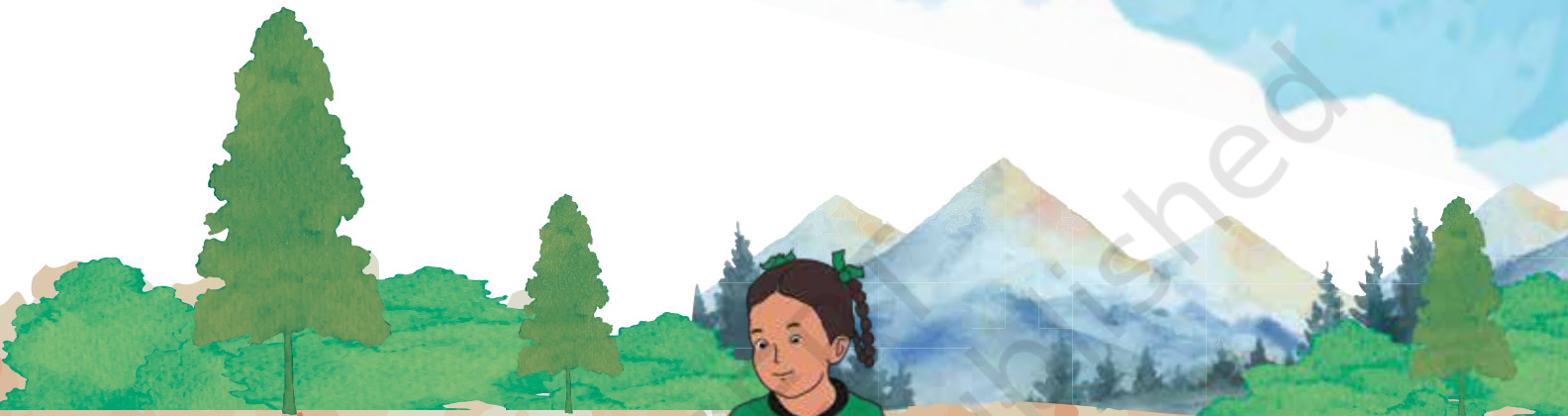
### Pass the Ball

#### Required Material

Soft Ball or  
Cloth Ball

#### How to play

- Take a soft ball and place it between your feet.
- Pass the ball from one leg to another while standing.
- Control the ball while balancing your body.



Note for the teacher



#### Purpose

To learn transferring skills, imitation and anticipation.

#### Variations

- Increase the distance between feet.
- Walk, jog, run, side step while passing the ball from one leg to another.

#### Circle Time

Star and Wish



## BM 8

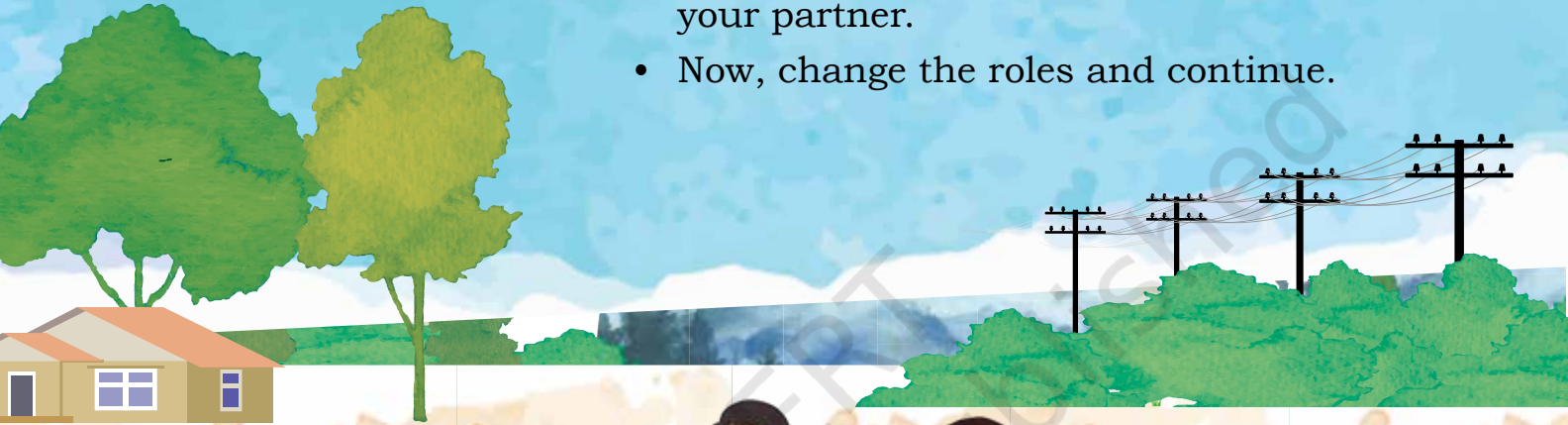
# Shadow Ball

### Required Material

Soft ball or  
Cloth ball

### How to play

- Take a soft ball and pair up with a classmate.
- One of you take the lead and walk ahead dribbling the ball while the partner follows.
- On the blow of the whistle, face each other and kick the ball towards your partner.
- Now, change the roles and continue.



### Note for the teacher

#### Purpose

Development of coordination and emotional control.

#### Variations

- Use the weaker leg to hit the ball.

#### Circle Time

Star and Wish





## BM 9

### Flick the Ball

#### Required Material

Soft ball or  
Cloth ball

#### How to play

- Take a softball and find a partner from your class for this activity.
- Stand facing each other and flick the ball using the top of your foot.
- When one of you flick the ball the other catches it and flick the ball back.
- Try to use alternate legs to flick up the ball.



#### Note for the teacher

#### Purpose

Development of soft muscles involved in the flicking action.

#### Variations

- Hit a target while flicking the ball.
- Flick the ball twice or thrice before catching it.

#### Circle Time

Star and Wish





## BM 10

### Flick in the Box

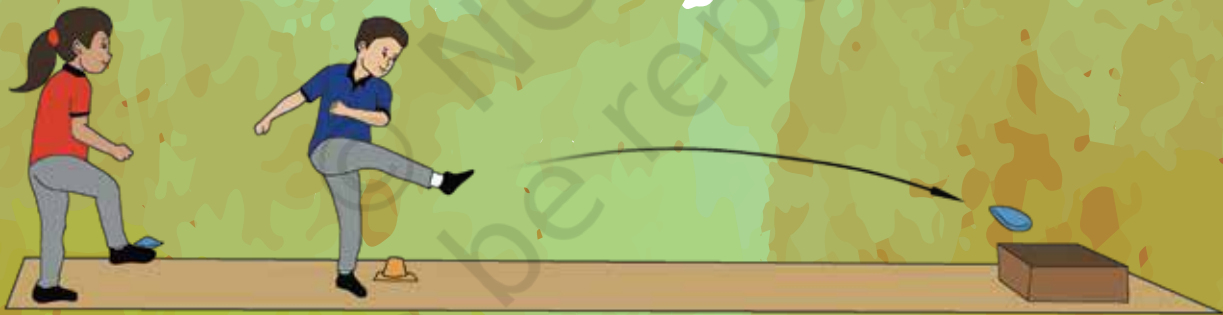
#### Required Material

Empty Box

Soft Ball or Cloth Ball

#### How to play

- Place a box on the ground and stand in a line at some distance from the box.
- Make teams of four members each.
- Each member of the team flicks the ball aiming to put it in the box.
- The team that puts more balls in the box wins.



#### Note for the teacher

##### Purpose

Development of sense of distance and power required in flicking any object at certain distance and height.

##### Variations

- Place boxes at different distances. Different scores for different boxes can be given.
- Use a hoop to increase the target area.

##### Circle Time

Star and Wish





## BM 11

# Monkey in the Middle

### Required Material

Football

### How to play

- Stand in a circle with one student in the middle.
- Students standing in the circle pass the ball to each other without getting caught by the student in the middle.
- The student in the middle tries to stop or catch the ball.
- If the ball is caught, the student who passed the ball stands in the middle and the game continues.



### Note for the teacher

#### Purpose

Fun filled learning and development of team work and hidden communication.

#### Variations

- Use two students in the middle.
- Try to flick the ball or use head or shoulders to pass the ball.

#### Circle Time

Star and Wish





## BM 12

### Sit and Rise

#### Required Material

Soft ball

#### How to play

- Form a circle. Make one player stand in the centre.
- The player in the middle will pass the ball to any one of the players in the circle.
- The player receiving the ball will do so with their foot.
- The players who are on the left and right side of the player receiving the ball will sit as soon as the receiving player receives the ball.
- If the player fails to receive the ball, then this player will be replaced with the player in the centre. Also, if the player standing on the right or left of the receiving player fails to sit, then the one who did not move at all will replace the player in centre.



#### Note for the teacher

#### Purpose

Cognitive development and ability of anticipating future challenges by the actions of others.

#### Variations

- Receive the ball with your head or chest.

#### Circle Time

Come up with one modification of the rule that will make this game more interesting.

