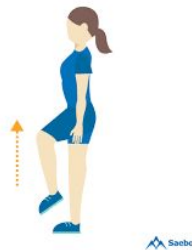


Ball Skills: Kicking



Kicking a ball is a great skill to work on with your child at home! It requires single leg balance, strength, and coordination. Below are a few ways to work on this skill while at home.

1. Single leg balance: start with working on your child's single leg balance. Have them lift 1 foot off of the ground and count to 3 and then switch sides. If this is a new skill, have them hold onto a stable piece of furniture or an adult's hands.



2. Kick a large ball: start with having your child kick a large ball as it is easier for coordination. Once they master kicking a large ball try using a medium sized ball.
3. Use a large target: you want your child to feel successful when trying out new skills. By using a large target (multiple blocks or even two chairs spread far apart) there is a higher chance of your child being successful with making a goal.



4. Practice, practice practice: the more opportunities each week your child has to practice the skill the better! Once they feel confident with kicking a ball at home it is important to generalize the skill and try it out at the park!