



Aylesbury United Ladies & Girls Football Club

Player Development From Home

Kick-ups



Core Skill Name	Movement, Challenge and Coaching Points	Challenge (for parents to use as guide to award mark number / level achieved)
1 kick-up / 1 bounce - Foundation	See this Link for demonstration of the skill Keep the ball in the air as long as possible (1 bounce allowed between each kick)	<ul style="list-style-type: none"> • Level 1 – Can complete 5+ kick-ups primarily using their stronger foot • Level 2 – Can complete 10+ kick-ups using roughly equal combination of stronger and weaker foot • Level 3 – Can complete 10+ kick-ups using combination of stronger foot, weaker foot, knees / thighs, chest and head • Level 4 – Can complete 20+ kick-ups using combination of stronger foot, weaker foot, knees / thighs, chest and head • Level 5 – Can complete 30+ kick-ups using combination of stronger foot, weaker foot, knees / thighs, chest and head
1 kick-up / 0 bounce - Intermediate	Keep the ball in the air as long as possible. Catch ball after x kick-ups and start again (this allows them to start with a smaller target that you can increase as their confidence grows)	<ul style="list-style-type: none"> • Level 1 – Can complete 5+ kick-ups primarily using their stronger foot • Level 2 – Can complete 10+ kick-ups using roughly equal combination of stronger and weaker foot • Level 3 – Can complete 10+ kick-ups using combination of stronger foot, weaker foot, knees / thighs, chest and head • Level 4 – Can complete 20+ kick-ups using combination of stronger foot, weaker foot, knees / thighs, chest and head • Level 5 – Can complete 30+ kick-ups using combination of stronger foot, weaker foot, knees / thighs, chest and head
1 kick-up / 0 bounce - Advanced	See this Link for demonstration of the skill Keep the ball in the air as long as possible (0 bounces allowed between each kick)	<ul style="list-style-type: none"> • Level 1 – Can complete 5+ kick-ups primarily using their stronger foot • Level 2 – Can complete 10+ kick-ups using roughly equal combination of stronger and weaker foot • Level 3 – Can complete 10+ kick-ups using combination of stronger foot, weaker foot, knees / thighs, chest and head • Level 4 – Can complete 20+ kick-ups using combination of stronger foot, weaker foot, knees / thighs, chest and head • Level 5 – Can complete 30+ kick-ups using combination of stronger foot, weaker foot, knees / thighs, chest and head
Fun kick-up challenge	See how many kick-ups your daughter can do with a toilet roll and post video to club WhatsApp group	No levels to achieve as just a bit of fun