

# K-1 AT-HOME KICK QUEST

Use a rolled-up socks, ball, stuffed animal, balloon, anything you have!

**X = how many times to do it.**

1



Kick a stationary ball from a stationary position 7x.

2



Approach and kick a stationary ball 7x.

3



Kick a moving ball from a stationary position 7x.

4



Approach and kick a moving ball 7x.

5



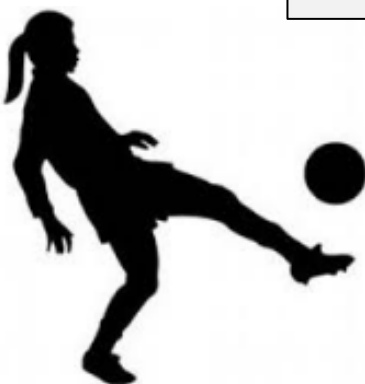
Kick a stationary ball at a target on the ground 7x.

6



Kick a stationary ball at a target off the ground 7x.

7



Drop a ball from your hands and kick it away from you (punting) 7x.

8



Juggle a ball in the air with feet/legs, head & body (no hands) 3x in a row.

# 2-3 AT-HOME KICK QUEST

Use a rolled-up socks, ball, stuffed animal, balloon, anything you have!  
X = how many times to do it.

1



Kick a stationary ball from a stationary position 9x.

2



Approach and kick a stationary ball 9x.

3



Kick a moving ball from a stationary position 9x.

4



Approach and kick a moving ball 9x.

5



Kick a stationary ball at a target on the ground 9x.

6



Kick a stationary ball at a target off the ground 9x.

7



Drop a ball from your hands and kick it away from you (punting) 9x.

8



Juggle a ball in the air with feet/legs, head & body (no hands) 4x in a row.

# 4-5 AT-HOME KICK QUEST

Use a rolled-up socks, ball, stuffed animal, balloon, anything you have!  
X = how many times to do it.

1



Kick a stationary ball from a stationary position 11x.

2



Approach and kick a stationary ball 11x.

3



Kick a moving ball from a stationary position 11x.

4



Approach and kick a moving ball 11x.

5



Kick a stationary ball at a target on the ground 11x.

6



Kick a stationary ball at a target off the ground 11x.

7



Drop a ball from your hands & kick it away from you (punting) 11x.

8



Juggle a ball in the air with feet/legs, head & body (no hands) 5x in a row.

# 6-8 AT-HOME KICK QUEST

Use a rolled-up socks, ball, stuffed animal, balloon, anything you have!  
X = how many times to do it.

1



Kick a stationary ball from a stationary position 15x.

2



Approach and kick a stationary ball 15x.

3



Kick a moving ball from a stationary position 15x.

4



Approach and kick a moving ball 15x.

5



Kick a stationary ball at a target on the ground 15x.

6



Kick a stationary ball at a target off the ground 15x.

7



Drop a ball from your hands & kick it away from you (punting) 15x.

8



Juggle a ball in the air with feet/legs, head & body (no hands) 7x in a row.