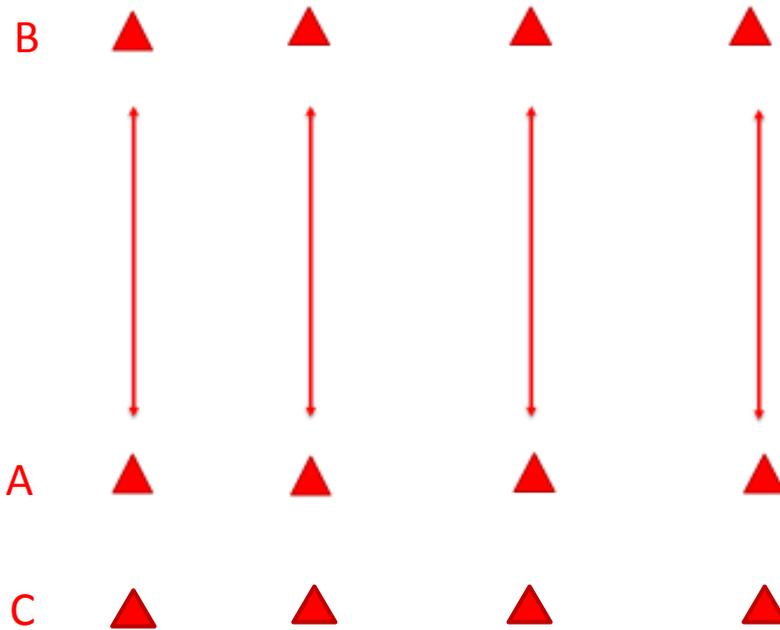




Kicking Exercises

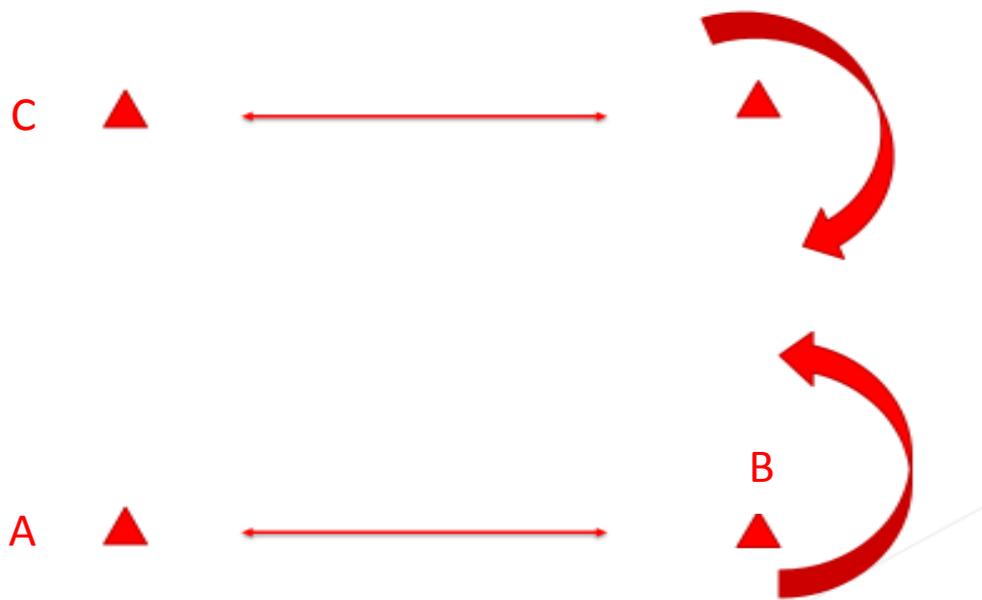
Activity 1: Basic Punt Kick/ Instep Kick



Key Points:

- 2 players stand behind cone A and 1/2 player(s) behind cone B
- Ball is kicked using punt kick from A to B
- Player follows where they kick the ball to.
- Players from cone A then move to cone C to practice both kicks over greater distance

Activity 2: Basic Hook Kick

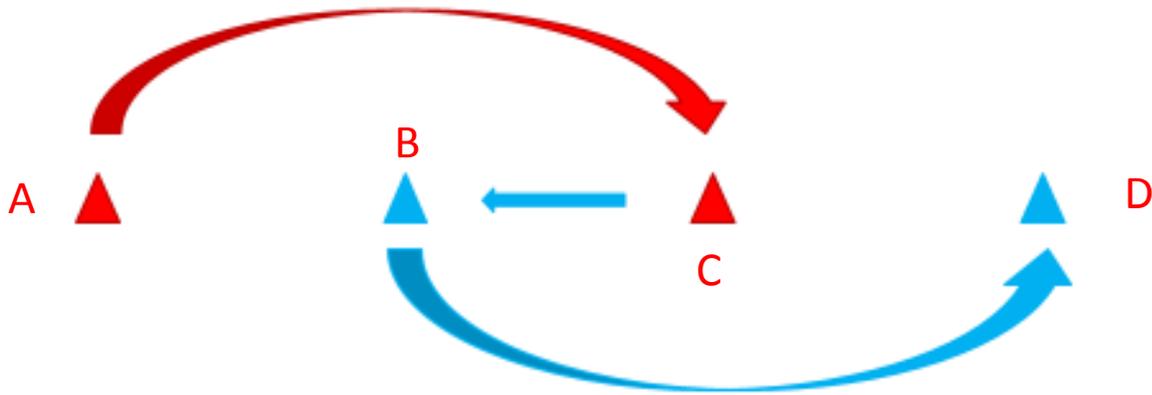


Key Points:

- 2/3 Players start at cone A and C
- Player A solos the ball to cone B
- Using the hook kick they must transfer the ball back towards C
- Players should come around the cone but only so their shoulders are in line with the cone they are kicking to.
- Players swap sides after each kick to ensure practice using both feet

Integration Drills

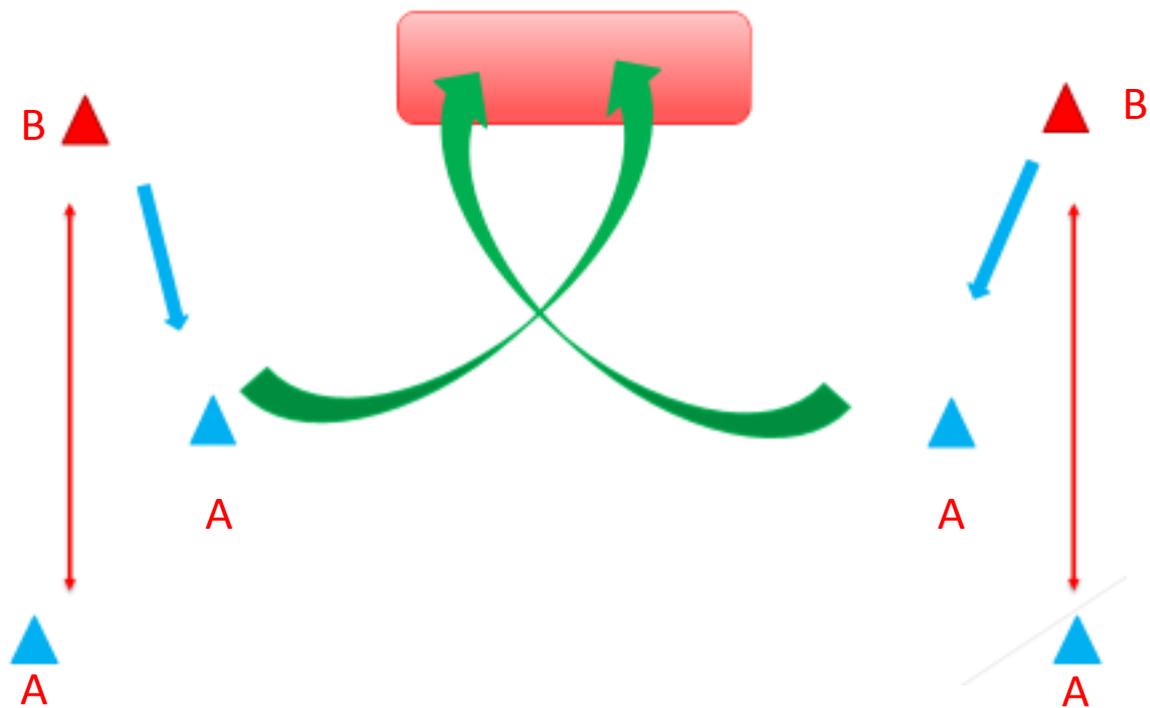
Activity 1: Support play



Key Points:

- 2 players start behind cones A and D with 1 player at B and C
- Player A kicks the ball over the head of player B to player C
- Player B turns and receives a hand pass from player C
- Player B then kicks the ball to player D
- Player A takes the place of player B
- Player B follows their pass and stands behind D
- Player D kicks the ball over player C and begins the cycle of the drill again
- Player D therefore takes C, C kicks to A and follows pass and so on...

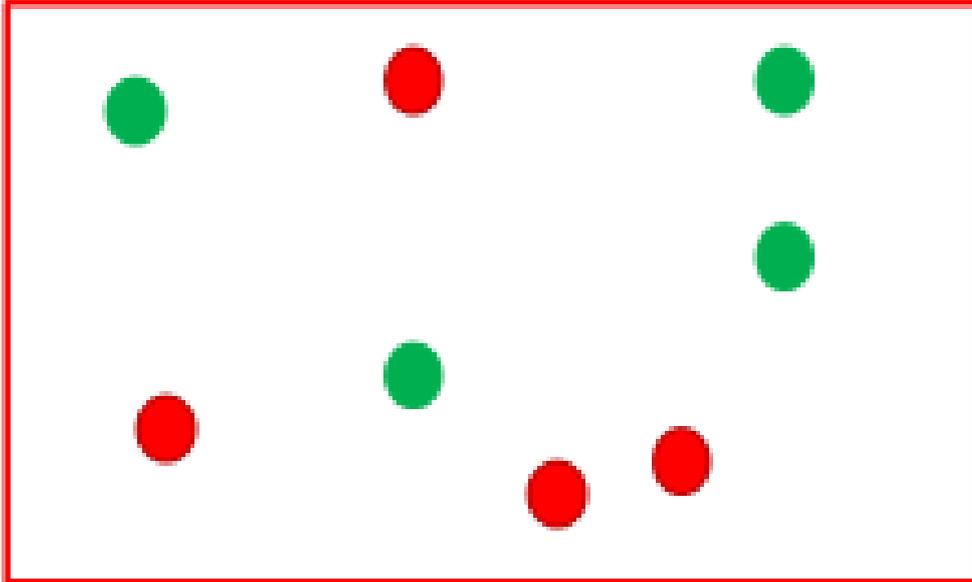
Activity 2 Shooting for Points:



Key Points:

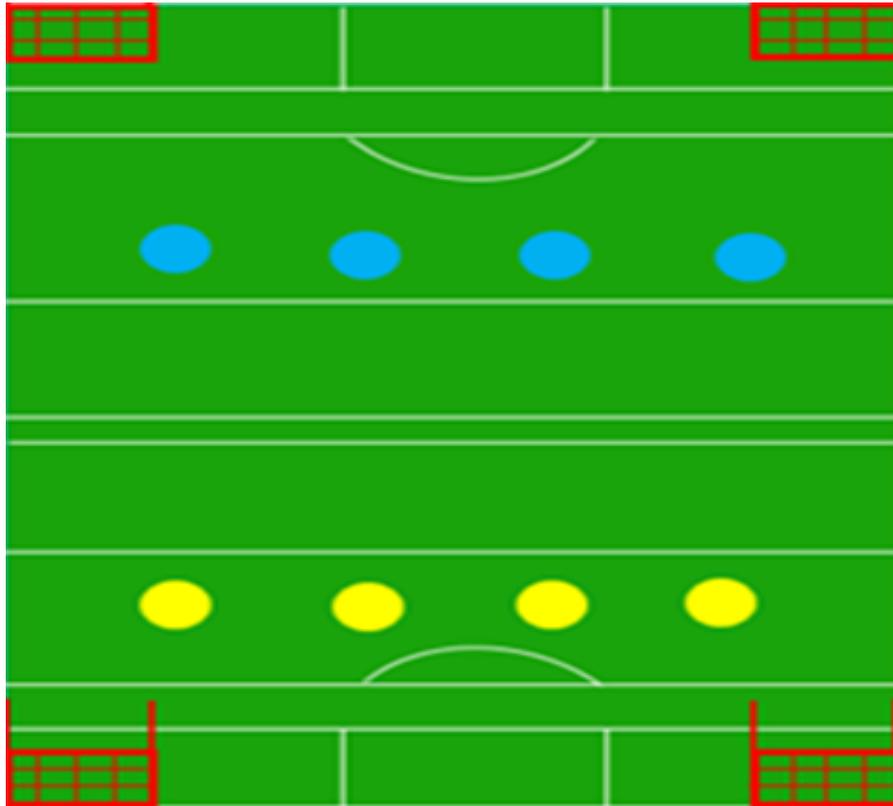
- Divide the group in half each side of the goal
- 2/3 Players start at position A and B
- Player A punt kicks the ball to player B
- Player A then continues their run
- Player B in step kicks the ball into the path of Player A
- Player A receives the ball and uses a hook kick to score a point
- Players then rotate position from A to B etc.

Conditioned games:



Rules:

- Players can move freely within the playing zone
- Full rules apply
- To score a team must complete a clean kick pass without the ball touching the ground or being interfered with before reaching the receiving player
- This can be progressed by giving a target number of clean kicks to create a score



Rules:

- Players can move freely within the playing zone
- Full rules apply
- To score a team must complete a clean kick pass to a receiving player who is making a run into one of the 4 scoring zones
- Players are not allowed to wait in the square
- This game aims to encourage movement into space and use of all zones should be emphasised by the coach