

120 KICKING SHALLOW TO INSIDE 50 METRES

Purpose: Give experience in using the short pass from the centre of the ground to keep possession inside 50 metres.

ORGANISATION

- ▶ 23 players.
- ▶ The area marked by the hats represents a large pack about 15-30 metres from goal.
- ▶ A runner starts with the ball and uses run-and-carry to bypass the opponent (Hb1).
- ▶ The kicker realises that there are no free targets deep inside 50 metres, so he lowers his eyes and short passes to one of the 2 “shallow” targets positioned just inside the 50-metre line (K2).
- ▶ Rotate the players and their roles as normal and change the angle of the run-and-carry.

COACHING POINTS

- a. A long kick delivered from behind the centre circle often lands in “turnover territory” which is the natural rebound area in football.
- b. Kickers need to lower their eyes and look for targets in front of the pack to guarantee possession inside 50 metres.
- c. The extra forwards and defenders waiting their turn could stand inside the area marked by the hats to represent a pack.
- d. To increase the difficulty of the activity add another midfield opponent.

