

## 135 MATCH SITUATION

**Purpose:** Maintain correct technique when physically tired.

### ORGANISATION

- ▶ 6 players (1 player kicking plus a man on the mark at each “hole”).
- ▶ The coach calls “time” and the kicker has 30 seconds to take the shot.
- ▶ After the shot (successful or not) the kicker waits for the coach’s command and then sprints to the next hole.
- ▶ As soon as the kicker arrives at the hole kicker is given a ball by the man on the mark and the 30 second countdown begins again.
- ▶ This procedure continues for the 5 holes.
- ▶ Scoring: the number of goals scored from 5 kicks plus the time taken to complete the whole course.
- ▶ The winner is the player with the most goals, or if there is a dead-heat, then the player with the lowest total time wins.

### COACHING POINTS

- a. The players have to weigh up the balance between taking enough time at each hole to achieve a successful shot with the need to cover the course in the shortest time.
- b. As the players become tired they should be encouraged to maintain their own routine at each hole.
- c. Enforce sprinting between holes.

