150 LEG BREAKS

Purpose: To experiment with methods of making the ball roll in different ways.

ORGANISATION
- 12 players in 2 groups of 6 (24 if both ends of the ground are used).
- Place a hat about 1 metre from the boundary and 20 metres from goal.
- The kicker runs between the hat and the boundary and attempts to land the ball about 1 metre out from the goal near the closest goal square line. If done successfully the ball will break at 90 degrees in the goal square and roll through.
- Groups either swap sides after a reasonable number of repetitions or they alternate kicks from each side.

COACHING POINTS
a. Teach the player to point the ball away from the body at 45 degrees and make contact at the point of the ball which is furthest away.
b. By experimenting with different angles in which they can hold the ball players will discover that they can make the ball roll in a variety of ways.
c. Feed the ball in a variety of ways.