

## 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.

