

## 09 DEPTH PERCEPTION

**Purpose:** Recognise effective targets at different depths.

### ORGANISATION

- ▶ 6 players per group – 3 targets, 2 opponents, 1 kicker.
- ▶ 2 targets A+B start on the front line with an opponent between them.
- ▶ 3rd target (C) positioned 15 metres back with another opponent between him and the line.
- ▶ Opponents can move anywhere they like.
- ▶ Ball is fed to kicker who has back turned to the targets (F1).
- ▶ Kicker decides and kicks to the best target option (K).
- ▶ Rotate roles after a set number of trials, e.g. 10 repetitions.
- ▶ To increase the pressure add another opponent who starts 5 metres behind the kicker and rushes at the kicker.

### COACHING POINTS

- a. The kicker should try to “read the defence”.
- b. The kicker should use fakes to force a defender into a decision which frees up an effective target.
- c. Defenders should “read” the kicker – look at body angle; where is kicker looking?
- d. Often the best defence is to confuse a kicker – force kicker to change mind at the last moment.

