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