Coaching Kicking Session 2

Kicking Situation:
- Using a drop punt kick the ball from inside 50 metres to accurately shoot for goal.

Coaching Session Focus:
- Kicking the ball accurately for goal from anywhere inside 50 metres using the drop punt.

Objectives:
- Kick the football within 20 seconds.
- Pick the correct aiming point.
- Use a pre-kick routine

Activity – Golf Football

Aim –
Kick goals using the drop punt to achieve an accuracy ratio of greater than 60% from ten kicks from random positions from within 50 metres.

Method –
(2 players, 1 cone, 1 ball)
- In pairs the players toss for who has the opportunity to select the position from which the first kick will be taken.
- The player who wins the toss selects the angle and the length of the kick from goals and places a cone where the first kick will be taken.
- The player kicks for goal over the cone using a drop punt.
- The other player goes into the goal square and retrieves the ball.
- The number of kicks that that player takes to score the goal becomes the number of “strokes” for that “hole”.
- The game is played over 9 “holes”.
- The second player attempts to shoot for goals from the same spot and again the number of kicks which are necessary to kick the goal becomes the score for that “hole”.
- The pairs can either keep score by playing stroke or by playing match play.
- In match play the lower the number of kicks necessary to score the goal wins the “hole”.
- The winner of the “hole” selects the position of the next kick or next “hole”.
- The same procedure is repeated for the second “hole” and so on until the nine “holes” are completed.
- At the completion of the task the coach calls in all players and the following questions are considered:
  Q. Why did one player kick more accurately than the other player?
  ▪ Had a pre-kick routine.
  ▪ Ran in a straight line.
  ▪ Dropped the ball from a short distance to the kicking foot.
  Q. What do you need to take into account when kicking for goals?
  ▪ A variety of answers depending on their self analysis.
Practice Task –
(3 players, 1 ball)
- In threes kicking the football using the drop punt from various positions inside 50 metres with successive kicks kicked from different spots.
- The length and the angle of the kick is changed from one kick to the next.
- The kicker must kick over the mark.
- Each kicker has 10 kicks and the players rotate positions.

Teaching Points –
- As per the list provided

Variations –
- Work in 3’s and man the mark to force the kicker to kick over a man on the mark.

Conclusion:
- Praise the players for their efforts.
- Ask which players felt as though their kicking improved.
- Re-visit the major teaching points.