Coaching Kicking Session 3

**Tactical Problem:**
- Using a snap shot, kick the ball through the goals from an angle that warrants the use of that kick.

**Coaching Session Focus:**
- Kicking the ball accurately for goal from a position anywhere inside 50 metres that warrants the use of the snap shot.

**Objectives:**
- Time the kick
- Pick the correct aiming point
- Determine the conditions under which a snap shot is taken

**Activity – Snap Football**

**Aim**
Taking accurate snap shots on goal and knowing when to use this kick.

**Method**
(2 players, 10 cones, 1 ball)
- In pairs, the players decide where the ten cones should be located inside 50 metres from which each snap shot will be taken.
- The first player takes 10 snap shots from the 10 different locations and records the goals and behinds achieved for those 10 shots.
- The other player goes into the goal square and retrieves the ball.
- The second player attempts to shoot for goals from the same locations in turn.
- At the completion of the task the coach calls in all players and the following questions are considered.
  - Q. Why would a player decide to use the snap shot?
    - When all other options are covered.
  - Q. What factors did the kicker have to take into account before the kick was taken?
    - The amount of space available.
    - Team rules.
**Practice Task** –
(2 players, 1 cone, 1 ball)

- In pairs the players stand 20 metres apart with one player in possession of the football.
- The player runs at an angle to a cone and kicks the snap shot over the cone to be marked by the team mate.
- The second player performs the same task.
- Complete 10 snap shots each.

**Teaching Points** –
- As per the list provided

**Variations** –
- Work in threes 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.