Coaching Kicking Session 4

Tactical Problem:
- Using a weighted drop punt, kick the ball is to be kicked over different distances.

Coaching Session Focus:
- Kicking the ball using weighted drop punts over different distances.

Objectives:
- Assess the distance of the kick
- Adapt the forces applied to each kick.

Activity – Casting the Line

Aim –
Kick the football using a weighted kick to enable the ball to land in various target areas at varying distances from the kicker.

Method –
(4 players, 13 cones, 1 ball)
- The kicker stands at a cone facing three other players who are standing in 5x5 metres grids designated by cones.
- The target areas are located directly in line with each other at distances of thirty, forty and fifty metres from the kicker.
- These distances will vary depending on the age and skill level of the players.
- The three players stand in the separate grid areas ready to mark the football as each attempt is made. If a mark is taken with both feet on the ground inside the target area a point is awarded.
- Each kicker has three attempts at each of the three distances in turn in random order.
- The player nominates the distance but cannot kick the same distance in successive kicks.
- The maximum score for each player is 9 points.
- After 9 kicks the players rotate positions until all players have been kickers.
- At the completion of the game the coach calls in all players and the following questions are considered.
  Q. What did the kicker have to do achieve a high score?
  - Weight each kick.
  Q. What factors did the kicker have to take into account for this to happen?
  - The length of the run up.
  - The length of the leg swing in the preparation phase and in the follow through.
  - The amount of force directed to the kick.
  - The height at which the ball was kicked.
Practice Task –
(6+players, 1 ball)
- The players are spread out over the ground.
- The ball is kicked in from the goal square using the drop punt and is kicked to team mates as the ball travels down the ground.
- The last player who is inside 50 metres kicks for goal.
- Another ball travels down the ground from the kick in.
- Each time a player kicks the football, it must be kicked to a different player at a different distance.

Teaching Points –
- As per the list provided

Variations –
- Alter the length of the kick. Put pressure on the kicker.
- Game: Casting the Line
  - Same game as above but place the grids at different angles with respect to the kicker.
  - Change the size of the grids.
  - Have the players leading into the grids to mark the football.

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