Coaching Kicking Session 6

Kicking Situation:
- Make the correct decision to kick to the best option using the drop punt.

Coaching Session Focus:
- Scanning the options down field and making the correct decision and accurately passing the ball using the drop punt.

Objectives:
- Quickly scan the options
- Pick the correct aiming point
- Kick the ball out in front of the leading player

Activity – Hit the Target

Aim –
Quickly make the decision to pass to the leading player who is in the best position to accept the pass.

Method –
(12 (6v6) players, 1 ball)
- The number of players is 6v6.
- The game involves the 6 players passing the ball among the team using the drop punt in half the ground.
- Four of the defenders defend the situation by attempting to tag the player with the football.
- Two additional players from the defending team who are on the boundary keep score and keep time.
- Each time a successful kick is made the team in possession scores a point.
- If a defender tags a player in possession of the football or if the kick is inaccurate the possession team losses a point.
- After three minutes the teams change roles with the two additional players joining the possession team and two players on the opposing team sit out.
- At the completion of the task the coach calls in all players and the following questions are considered.
  Q. What was the kicker looking for when deciding which player to kick the football?
    - Space between the leading forward and the defender.
    - Which forward was free?
  Q. What factors did the kicker have to take into account for this to happen?
    - Delay the kick until all the information was processed.
    - The following factors were then taken into account:
      - The speed of the player.
      - The amount of force directed to the kick.
      - The height at which the ball was kicked.
Practice Task –
(4 players, 2 cones, 1 ball)
- In two groups of 2, the players stand 30 metres from each other and facing each other.
- Two cones indicate this distance.
- The first player, using a drop punt kicks, the ball to the player on the other cone as the lead is made directly towards the kicker.
- Once the kicker has completed the kick they run through and join the other player on the cone.
- The player accepts the pass and passes to the leading player and the process is continued until ten successive successful passes are completed.

Teaching Points –
- As per the list provided

Variations –
- Increase the distance of the kick
- Increase the size of the groups and the kicker has “mock” pressure
- Game: Hit The Target
  Same game as above but instead of a continuous game once the football is successfully marked the kicker must go back and kick over the mark. Points are only scored if the pass is inaccurate

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