



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

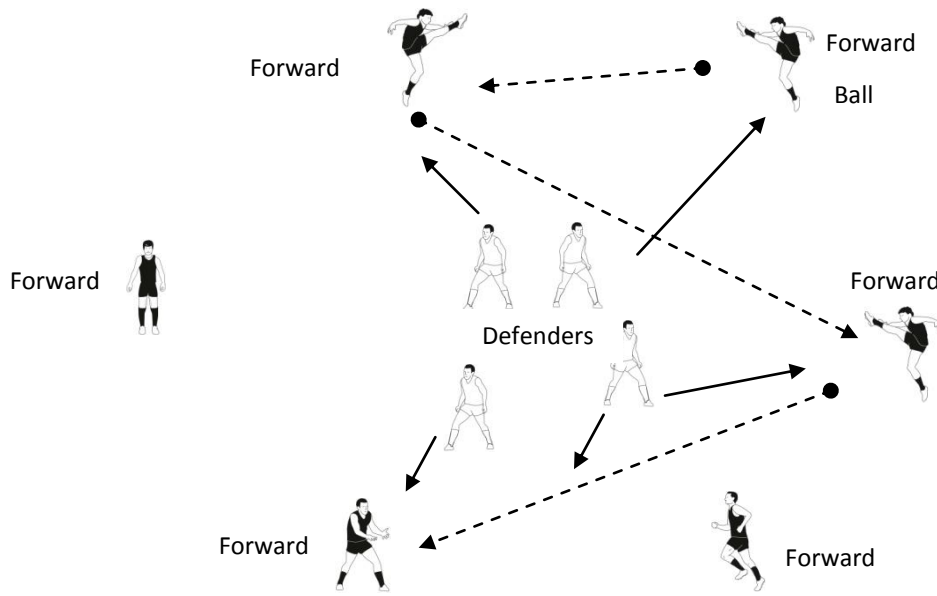
Aim –

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)

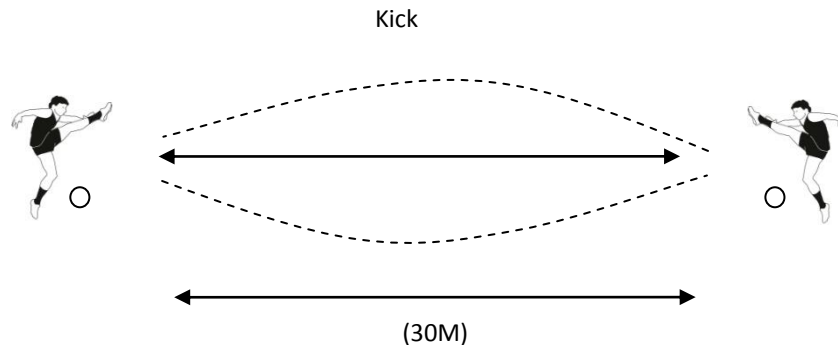
- The number of players is 6v6.
- The game involves the 6 players passing the ball among the team using the drop punt in half the ground.
- Four of the defenders defend the situation by attempting to tag the player with the football.
- Two additional players from the defending team who are on the boundary 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 loses 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.