

BASIC KICKING DRILLS

Document provided as part of the 'The Modern Game' Kicking Workshop

TENNIS BALL MASTER CLASS

Requirements

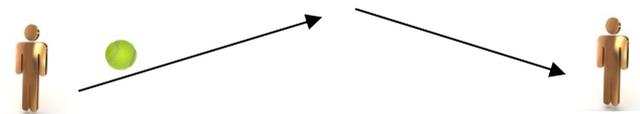
- ✓ Two players
- ✓ One tennis ball

Drill Description

Players to pair up and start 5 metres apart, kicking the tennis ball to each other; gradually extending the distance after they can consistently hit the target. The focus/purpose of this drill is on the players' ball drop and the tennis ball being able to fall on the 'sweet spot' of the foot and reach the intended target on the full.

Coaching Points

- ✓ Head over the ball
- ✓ Hit the sweet spot of the foot
- ✓ Initially release the ball just above knee height; working up towards hip height
- ✓ Reach the target on the full



AGILITY TARGET KICKING

Requirements

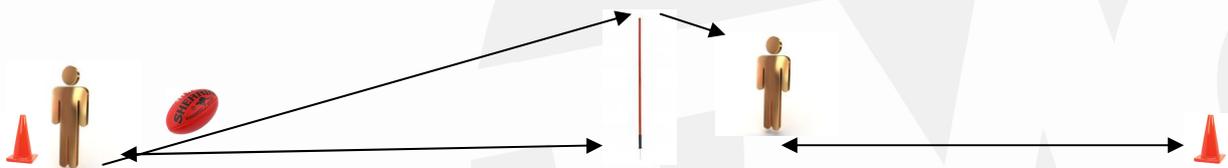
- ✓ Two player
- ✓ One Pole
- ✓ Two Cones
- ✓ One Football

Drill Description

The player at each end works up and back; receiving the ball at the pole and then pushing back to dispose of the ball at the cone. The purpose of the drill is to kick the ball over the top of the pole and as the drill becomes easier you change the environment to increase the difficulty. An example of this would be zig-zagging before you kick the ball.

Coaching Points

- ✓ Technique
- ✓ Accuracy
- ✓ Static/Dynamic kicking
- ✓ Opposite Foot
- ✓ Game situation kicking



TRAM TRACK KICKING

Requirements

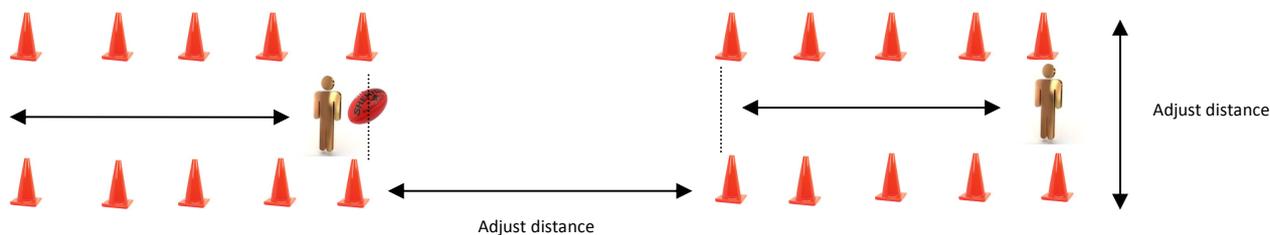
- ✓ Two players
- ✓ 15 – 20 Cones
- ✓ One Football

Drill Description

This is a great warm up drill for all age groups. Two players to work up and back within their line of cones, kicking the ball to each other while making sure the kick reaches their teammate within his 'tram track' of cones. The width and distance between the cones can be adjusted; making the drill easier or harder.

Coaching Points

- ✓ Technique
- ✓ Opposite Foot
- ✓ Stay within cones
- ✓ Accuracy
- ✓ Dynamic Kicking
- ✓ Degree of Difficulty



OVER THE POLE KICKING

Requirements

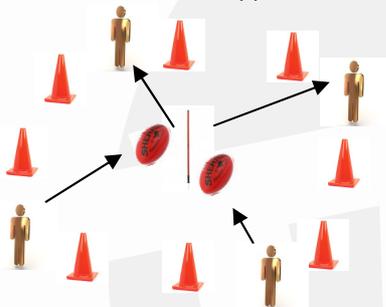
- ✓ 2 - 6 players
- ✓ 8 Cones
- ✓ 1 – 3 Footballs

Drill Description

This drill is designed to focus on accuracy and different types of kicks. Two players stand opposite each other on the perimeter of the circle and kick the ball to each other; aiming to kick the ball over the top of the pole in the middle of the circle. Place multiple players around the circle and vary the size of the circle and the type of kicks.

Coaching Points

- ✓ Technique
- ✓ Type of kick
- ✓ Opposite Foot
- ✓ Accuracy



ONE LEG KICKING

Requirements

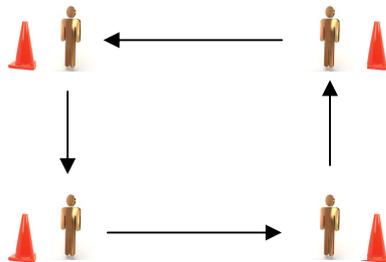
- ✓ 4 players
- ✓ 4 Cones
- ✓ 1 Footballs

Drill Description

This is a great drill that can be easily varied in terms of difficulty for the different age groups. Balancing on one leg, the aim is to kick the ball around the square without allowing your kicking leg to touch the ground until the ball reaches the intended target. Speed of ball movement, opposite foot, token pressure and going in the other direction can all increase the difficulty of this drill.

Coaching Points

- ✓ Balance
- ✓ Technique
- ✓ Ball drop
- ✓ Leg swing
- ✓ Opposite Foot
- ✓ Core Strength
- ✓ Accuracy



ZIG ZAG KICKING

Requirements

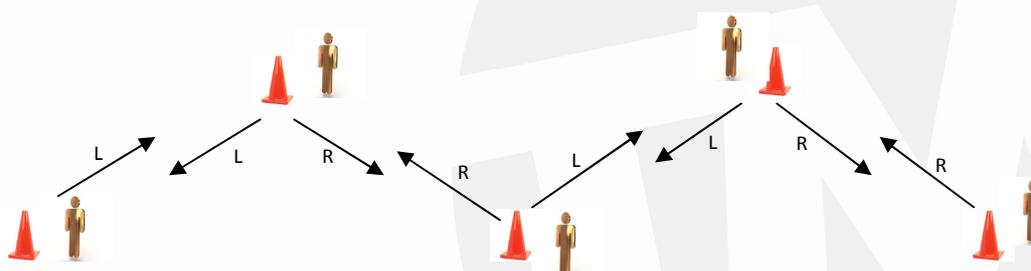
- ✓ 5 players
- ✓ 5 Cones
- ✓ 1 Footballs

Drill Description

Move the ball in a zigzagging pattern, allowing the players to kick on both feet as the ball moves up and back. Start slow and then as the players gain confidence with their kicking, encourage them to move the ball more quickly. Players should move from cone to cone so they are not stuck on the end cone for the entire drill. This is a great drill where players have to move in a different direction and release the ball quickly to hit a target (both feet).

Coaching Points

- ✓ Balance
- ✓ Technique
- ✓ Agility
- ✓ Kicking both feet
- ✓ Accuracy



THE DECISION KICK

Requirements

- ✓ 6 players
- ✓ 2 cones
- ✓ 1 Football

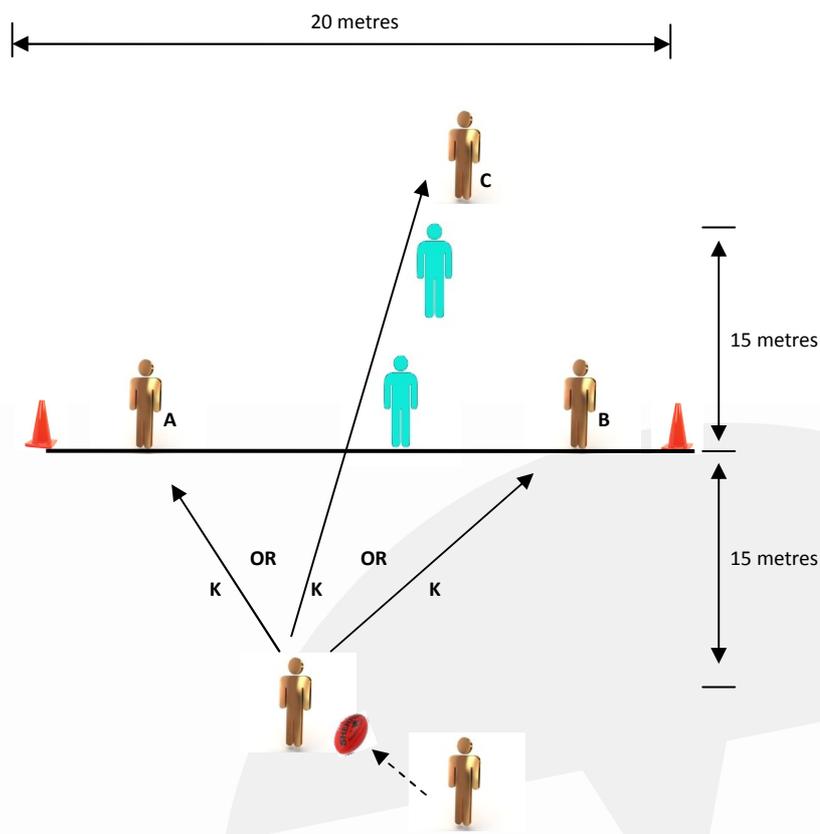
Drill Description

2 targets (A+B) start on the front line with a player between them. The 3rd target (C) is positioned 15 metres back with another opponent between him and the line and the opponents can move anyway they like.

The ball is fed to a kicker who has his back to the target and on receiving the ball he turns and decides who the best target option is to kick too (K). The defenders must commit to an opponent (no zoning) and rotate individual roles after a set number of trials and to increase the pressure, add another opponent who starts 5 metres behind the kicker and rushes at the kicker.

Coaching Points

- ✓ Decision making
- ✓ Reading the defence
- ✓ Faking the kick
- ✓ Defender feedback
- ✓ Depth of kicking



TARGET KICKING

Requirements

- ✓ 3 players
- ✓ 4- 5 Cones
- ✓ 3 Footballs

Drill Description

Player rolls ball along the ground into the square to a teammate. The teammate gathers the ball, balances and then kicks to a target 20 metres away. The kicker must kick the ball from within the square and if you choose to use this as a testing drill, the kicker would receive 10 points if they hit the intended target on the full and without them moving, 5 points if the intended target takes 1 step, 1 point if the intended target takes 2 steps and 0 points if the designated target has to move more than 2 steps. Each player has 3 kicks on both feet and score is combined.

Coaching Points

- ✓ Balance
- ✓ Agility
- ✓ Kicking both feet
- ✓ Accuracy
- ✓ Testing

