

GAME SENSE

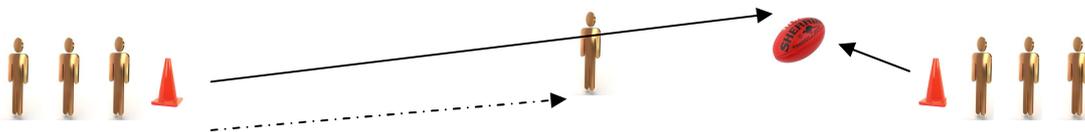
KICKING

DRILLS

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

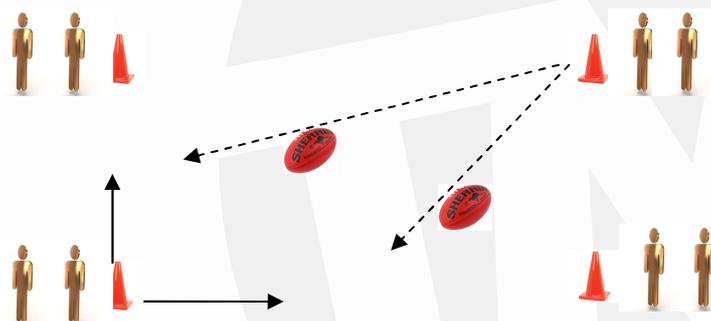
DRILL No.1 - STATIC FIELD KICKING

OBJECTIVE	To kick from a static position over someone on the mark
DRILL DESCRIPTION	<ol style="list-style-type: none"> 1. Players in groups of 3-5 approximately 40 metres apart 2. In lanes (as many as you need), one player runs towards another group and kicks the ball to a receiving player on a slow lead 3. Once the ball is received the receiver pushes back of the mark while the kicker runs on to stand on the mark 4. The new kicker then kicks the ball back down the line, follows up to stand on the mark and the sequence is repeated
COACHING POINTS	Players push back hard off the mark and create forward momentum through the kick
DRILL EXTENSIONS	<p>To make the drill more challenging, the following options can be incorporated:</p> <ol style="list-style-type: none"> 1. Increasing the length of kicks 2. Kicking off non-preferred foot 3. Adding a defender which makes the kicker choose the best option



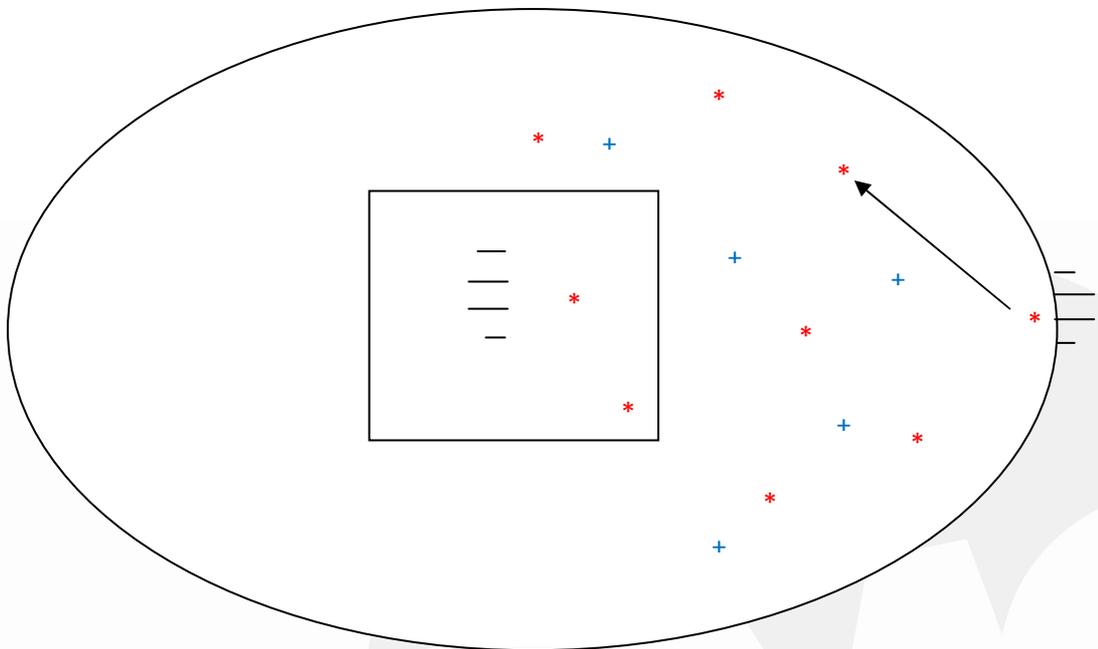
DRILL No. 2 - DYNAMIC FIELD KICKING

OBJECTIVE	To kick on the run, choosing the best option and kicking accurately
DRILL DESCRIPTION	<ol style="list-style-type: none"> 1. Players in 4 groups at each point of the square approximately 45 metres apart 2. One group kicks to the diagonal group with 2 players from that group leading down the lines and the kicker chooses the best option 3. The receiver handballs to a player coming off the nearest cone who kicks diagonally to two players coming off that cone and leading down the lines. The kicker chooses the best option and the sequence is repeated
COACHING POINTS	<ol style="list-style-type: none"> 1. Players to run at the target and put the ball out in front of the leading player 2. Players should experiment with their kicks – eg. A hard low kick or a weighted kick out in front of their teammate 3. Players lead down the lines so kicks don't become short
DRILL EXTENSIONS	<p>To make the drill more challenging the following options can be incorporated:</p> <ol style="list-style-type: none"> 1. Add defenders into each corner of the square – the defender should go with one of the leads but not defend the player running to receive the handball



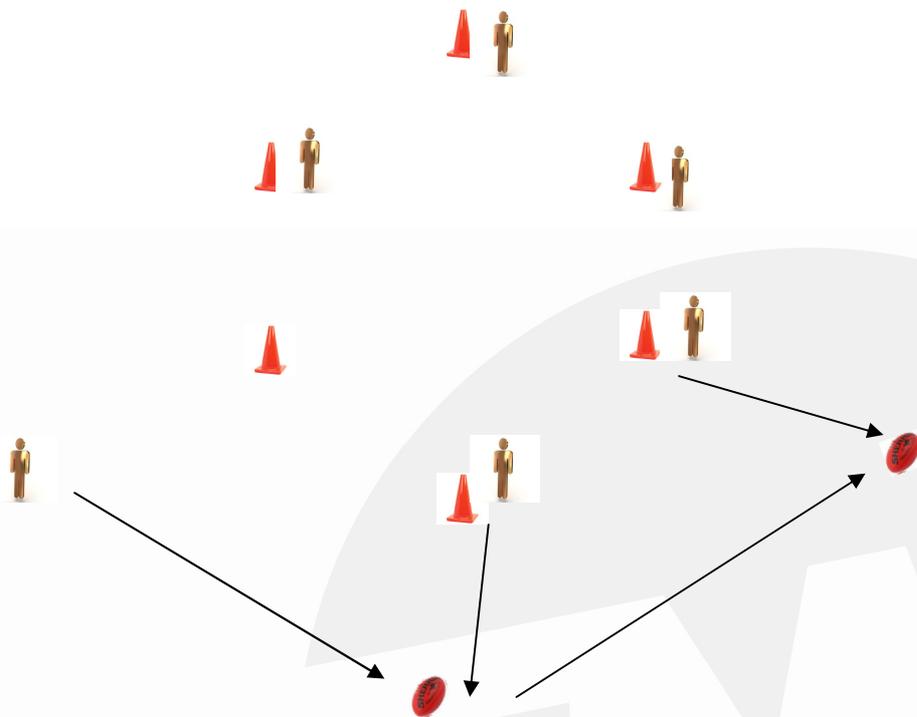
DRILL No.3 - PENETRATING KICKING

OBJECTIVE	To learn the importance of penetrating kicking as a method of moving the ball quickly the full length of the ground
DRILL DESCRIPTION	<ol style="list-style-type: none"> 1. The players – 9 attackers & 5 defenders spread over half the ground with goals at either end 2. The activity is timed with a stopwatch 3. On the whistle the attacking team kicks in and moves the ball down field to score a goal 4. If a goal is scored, record the time from the kick in to when the goal is scored (if a behind is scored or there is a turn-over the time is not recorded) 5. After 6 attempts players rotate rolls 6. The winner is the team that scores a goal in the fastest time
COACHING POINTS	<ol style="list-style-type: none"> 1. Encourage the players to experiment with the different methods of moving the ball the furthest distance in the fests time, emphasizing the importance of long accurate passes 2. The coach can discuss with the players what is and isn't working well 3. Minimise handball to focus on kicking
DRILL EXTENSIONS	<ol style="list-style-type: none"> 1. Alter the number of attackers and defenders. Eg, 16 v 12 and complete the activity over a whole ground 2. Have the ball go up and down the ground in the fastest possible time with goals having to be scored at either end to count



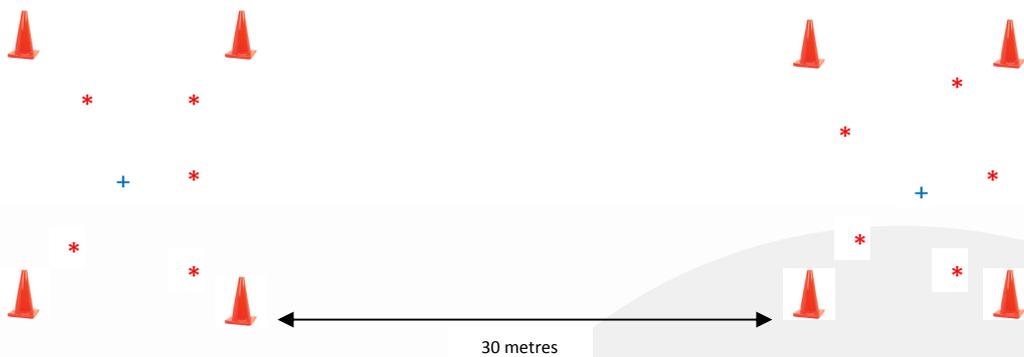
DRILL No.4 - WEIGHTED KICKING

OBJECTIVE	To kick a weighted drop punt over different distances to an area that will allow the receiver to mark
DRILL DESCRIPTION	<ol style="list-style-type: none"> 1. In groups of 6 to 8 2. The players except for the player with the ball start in a small circle or square – approx. 3 metres by 3 metres. The player with the ball starts around 25 metres from the circle 3. The ball is kicked to a leading player running out of the circle who turns and kicks to the next player leading out of the circle at an angle to the kicker 4. The aim of the drill is to move the ball in an anti clockwise direction around the circle varying the distance of weighted kicks 5. Once the player has kicked the ball they return to the circle to wait for the next kick
COACHING POINTS	<ol style="list-style-type: none"> 1. The kicker continues to implement the critical elements of kicking, and to explore and adapt their technique to weighting the kick over different distances 2. Players may find it difficult to weight the kick to hit leading players at different distances. 3. Players should kick different distances on successive kicks – that is, each kick should not be the same distance as the previous kick
DRILL EXTENSIONS	<ol style="list-style-type: none"> 1. Place the kicker under physical or time pressure by having opponents 2. Kick the ball over a player on the mark



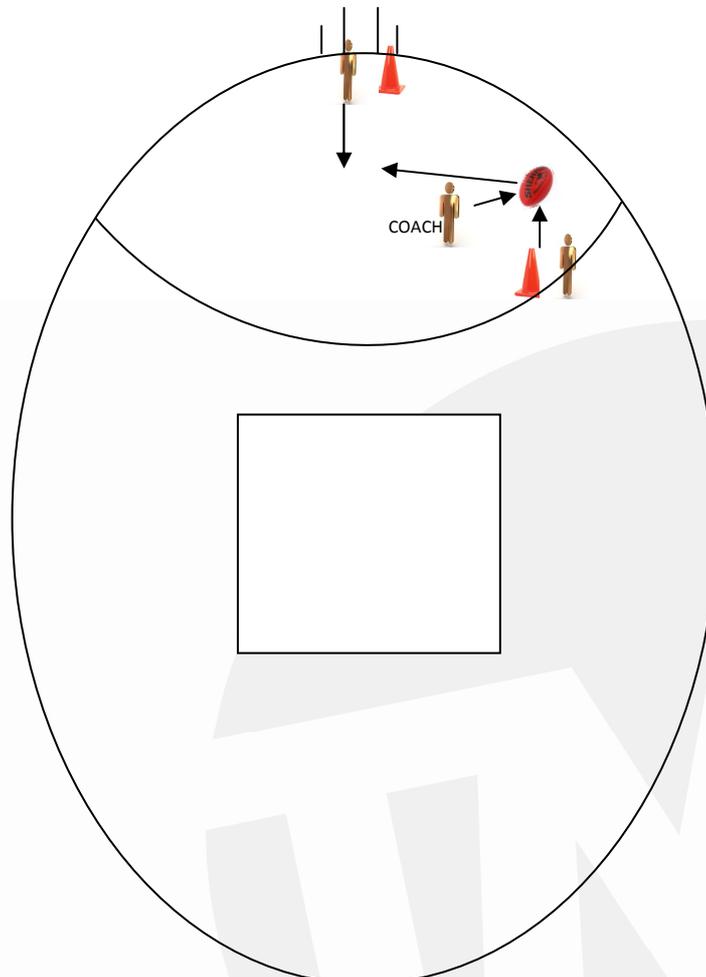
DRILL No.5 - KICKING TO ADVANTAGE

OBJECTIVE	To make a decision on the best option and kick the ball to a team mates advantage
DRILL DESCRIPTION	<ol style="list-style-type: none"> 1. Set up two rectangular zones 20 metres by 12 metres which are 30 metres apart 2. Each zone has 4 or 5 attacking players and one defending player 3. The attacking players kick the ball to one of the attacking players in the other zone, avoiding the defender. Kicks should be placed away from the defender and to the advantage of the attacking player 4. Two balls can be used at the same time with the defender only allowed to put pressure on the receiver, not anyone who is kicking within their zone
COACHING POINTS	<ol style="list-style-type: none"> 1. The kicker needs to explore and adapt their technique to kick the ball to their team mates advantage 2. Kicks may have to be placed to one side of the attacking player or given more air to get over the top of a defender
DRILL EXTENSIONS	<ol style="list-style-type: none"> 1. Place 2 defenders in each zone 2. Place 2 defenders in each zone but only 1 is allowed to put pressure on the kicker



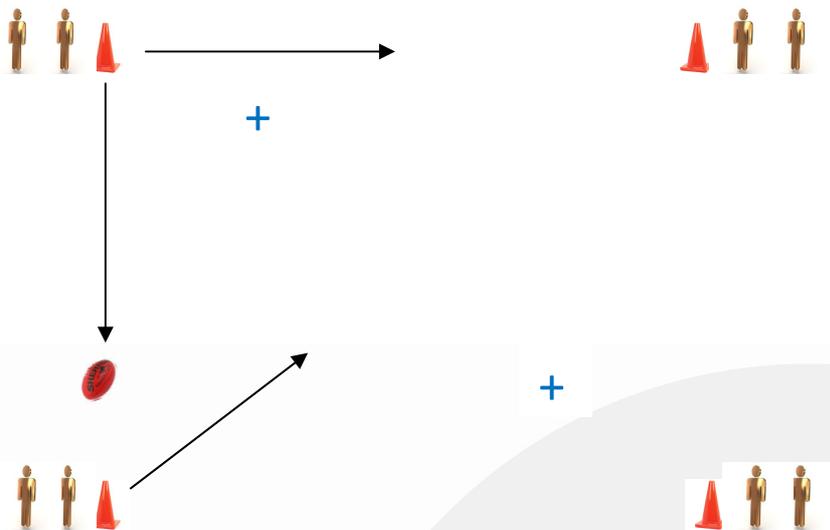
DRILL No.6 - KICKING AROUND CORNERS

OBJECTIVE	To experiment with kicking the football in a direction at an angle to which the players are travelling. Explore different distances and using different ball drops and trajectories
DRILL DESCRIPTION	<ol style="list-style-type: none"> Two groups of players with one in the goal square and the other 10 metres in from the boundary line, approximately 45 metres out from the goals The coach or player roles the ball to players running in a straight line towards the forward pocket A player picks up the ball and kicks the ball around the body to a player leading straight up the ground from the goal square
COACHING POINTS	<ol style="list-style-type: none"> Kickers continue to explore and adapt their technique to hit the target 'around the corner' Players will find a big difference between laying the ball across the boot and kicking in a snapping motion against using a modified drop punt requiring the body to be 'squared up' as the kick is executed Playing around with these scenarios will assist players in finding an 'around the corner' method which finds the best results for them.
DRILL EXTENSIONS	<ol style="list-style-type: none"> Place the player under physical or time pressure Kick the ball over or around a player on the mark Kick to moving targets of varying angles and distances Put marking player under pressure with a defender forcing the kicker to kick to advantage Add a second target player to give a choice of targets



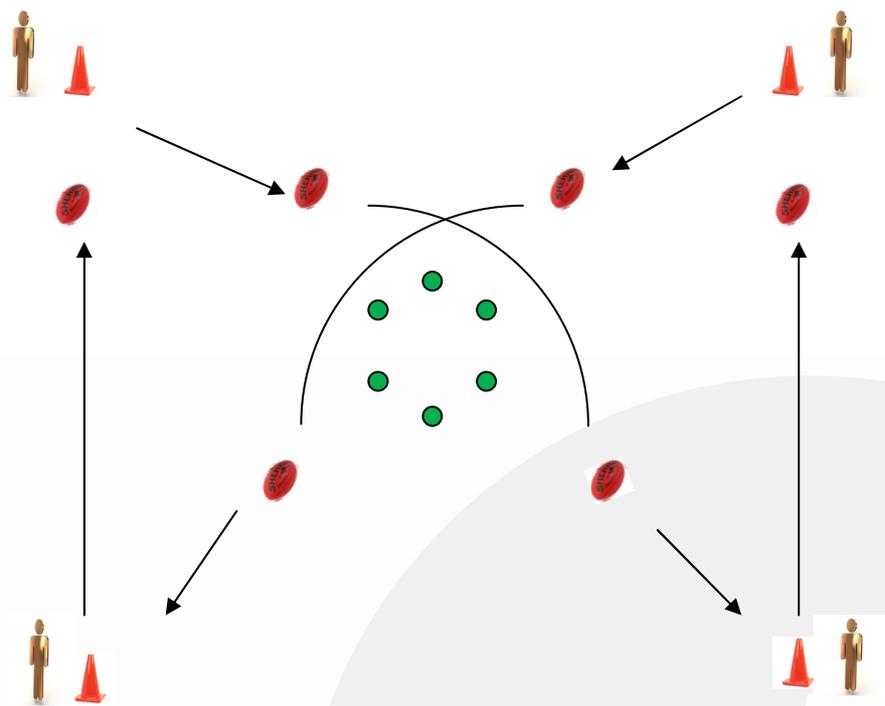
DRILL No.7 - KICKING OFF ONE STEP

OBJECTIVE	To learn to adapt the technique under time and opposition pressure
DRILL DESCRIPTION	<ol style="list-style-type: none"> 1. Players are in groups on four different cones on points of the square about 20 metres apart and 2 defenders are in the square 2. Players kick diagonally or down the line 3. Defenders move anywhere to put pressure on the kicker or the target 4. Players follow the ball after they kick it 5. If the ball is turned over the kicker immediately becomes the defender and the nearest defender joins the kicking players
COACHING POINTS	<ol style="list-style-type: none"> 1. Players learn to recognize how much time and space they have to kick the ball. 2. Encourage players to use a 'fake' against the defenders to create space for their kicks 3. Defenders experiment with guarding the targets and putting pressure on the kicker
DRILL EXTENSIONS	<ol style="list-style-type: none"> 1. Add an additional defender



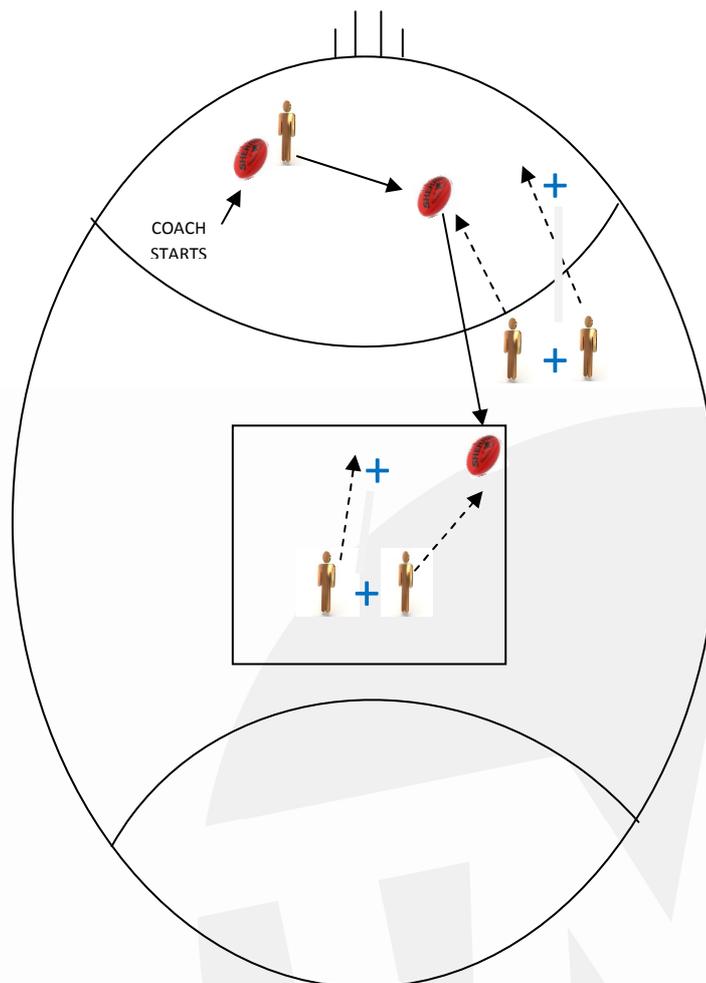
DRILL No.8 – DRIBBLE KICK

OBJECTIVE	To dribble the ball along the ground in a straight line and around corners
DRILL DESCRIPTION	<ol style="list-style-type: none"> 1. Four groups of players in a square around 30 metres apart 2. A circle of cones approximately 4 metres in diameter is in the middle of the square 3. The players move the ball up one line, across the diagonal of the square and down the other line and then back through the diagonal of the square to the starting point 4. Players kicking the ball down the line dribble the ball in a straight line 5. Players dribbling the ball through the diagonal dribble the ball around the circle in the middle of the square turning it back to the target group
COACHING POINTS	<ol style="list-style-type: none"> 1. Experiment with dribbling the ball in a straight line as well as dribbling the ball to curve in a particular direction 2. Move the ball quickly without compromising the end result
DRILL EXTENSIONS	<ol style="list-style-type: none"> 1. Make the circle in the middle larger and/or add pressure by a player chasing the kicker



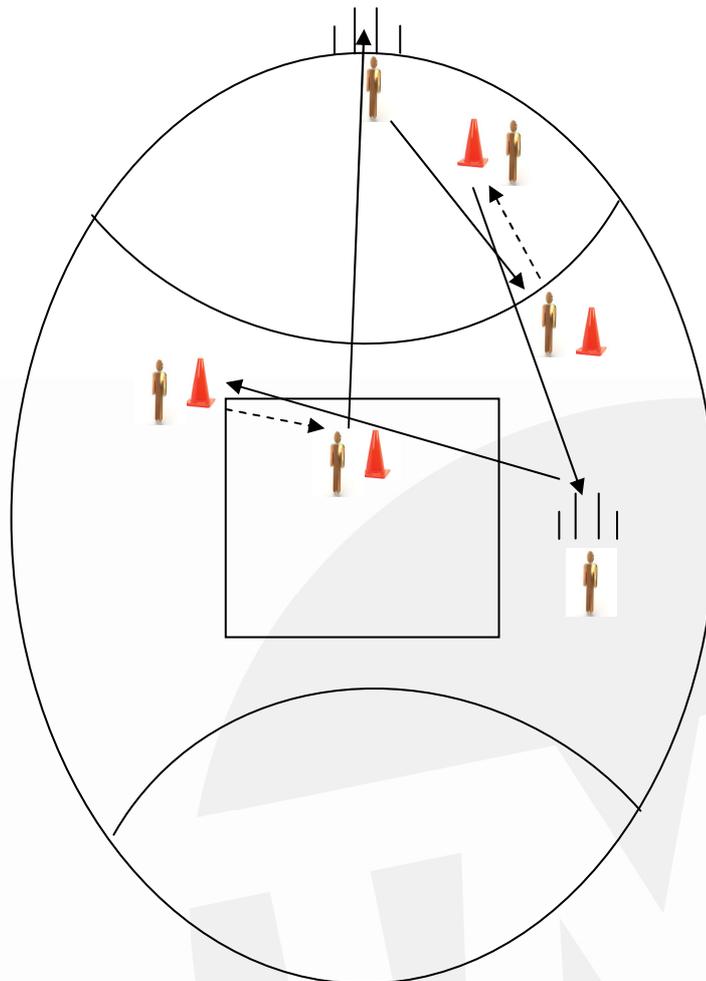
DRILL No. 9 – SWITCH THE PLAY KICK

OBJECTIVE	To kick the ball accurately over a short or long distance
DRILL DESCRIPTION	<ol style="list-style-type: none"> 1. The kicker starts in the back pocket 2. Two targets and a defender start from just outside the 50 metre arc of the opposite side of the ground 3. Another two targets and a defender are positioned in the midfield 4. The ball is rolled to the kicker in the back pocket who picks it up and moves forward towards the targets and selects the more effective option from the shorter group 5. Once the ball has been received the next kicker chooses the better target in the midfield group 6. End the ball movement at the centre of the ground 7. Regularly change the positions of the first kick and always keep it deep in the back 50m
COACHING POINTS	<ol style="list-style-type: none"> 1. Each kick is accurate and travels through the air quickly to avoid the defender cutting it off 2. Players to create space by drawing opponents away from the effective target area and allowing a team mate to take an uncontested mark



DRILL No. 10 – GOAL KICKING

OBJECTIVE	To practice goal kicking on the run
DRILL DESCRIPTION	<ol style="list-style-type: none"> 1. A player kicks out from full back to a group stationed on the half back flank 2. The half back group handballs to a player running from the back pocket down the ground 3. This player steadies and kicks the goal through portable posts located on the wing 4. A group located behind these posts gathers the ball and kicks to a group located on the opposite half forward flank 5. This group handballs to a player running through the centre of the ground – this player kicks the goal 6. All players move to the group they passed the ball to
COACHING POINTS	<ol style="list-style-type: none"> 1. Players to use the normal kicking action when kicking the goal 2. Once the group understands the drill, place defenders at either end close to goal. Encourage players to take on the defenders and attempt to get past them and closer to goal 3. Players should decelerate or settle in preparation for the kick by taking a 'slow down step'. Over-striding can be a cause of poor goal kicking on the run. Player should attempt to emulate their set shot technique at the end of the run
DRILL EXTENSIONS	<ol style="list-style-type: none"> 1. Reduce the size of the portable goals on the wing or add a defender amongst the drill



DRILL No. 11 – KICKING IN

OBJECTIVE	To practice a long kick-in that can penetrate a zone defence
DRILL DESCRIPTION	<ol style="list-style-type: none"> 1. Opposition team mates are placed in zoning positions in an arc between 35m and 50m from goal. Players must stay in the designated arc. 2. Attacking team members place themselves in favorable positions in between the zone players (you may have more attackers than defenders in zone to start with) 3. The player kicking in can attempt to pass to any attacking player 4. Have a number of players waiting to take a kick in 5. Rotate the roles between kicking in, attackers and defenders
COACHING POINTS	<ol style="list-style-type: none"> 1. Restrict the opposition from defending one on one, the aim is to zone as much space as they can 2. The priority for the kicker is to firstly make a good decision choosing an appropriate option and secondly execute an effective kick 3. The player kicking in can identify cues from the movement of the target players and importantly the defenders 4. Target players work to give the kicker the best chance of success by spreading the zone – this may take some movement 5. The kicker should kick the ball low and hard so the opposition has little opportunity to cut off the kick. The exception may be a clear option that opens at the back of the arc
DRILL EXTENSIONS	<ol style="list-style-type: none"> 1. Add more defenders as the kicking in improves and becomes too easy

