

KICKING GUIDELINES

There are so many technical aspects to kicking an AFL Football and, as coaches; we can often over-coach the player. Try and keep it as simple as possible – it is better to recognise a great, teachable moment than comment on every single kick.

If you are unsure where to start, here are some key focus areas:

- ❖ Concentration Style
- ❖ Starting Trigger
- ❖ Grip
- ❖ Run Up
- ❖ Free Air Time
- ❖ Contact Zone
- ❖ Transfer of Momentum
- ❖ Follow Through / On
- ❖ Flight

“Vision of the player kicking will certainly enhance the learning”