

COMMON KICKS IN THE GAME OF AFL FOOTBALL

TYPE OF KICK	LEARNING POINTS
Static Field Kicking	<ul style="list-style-type: none"> ✓ Set shot, free kick, mark (closed skill) ✓ Push back hard off the mark ✓ Create forward momentum through the kick
Dynamic Field Kicking	<ul style="list-style-type: none"> ✓ On the run and at pace and with pressure (open skill) ✓ The speed at which the skill needs to be executed (steady where possible) ✓ Straighten up & keeping balanced ✓ Place the ball further away from body
Penetrating Kick	<ul style="list-style-type: none"> ✓ A long distance with little hang time ✓ Require an excellent kicking technique ✓ Lower leg speed and firm foot are critical
Weighted Kick	<ul style="list-style-type: none"> ✓ More hang time & air ✓ More touch than power ✓ 'Kicking to grass' ✓ Kick at varying heights and distances
Kicking to Advantage	<ul style="list-style-type: none"> ✓ Kick to the side of the contest the team mate is on ✓ Weight the ball with hang time and place 3-4 metres from team mate ✓ Distance allows team mate to hold ground, push off opponent and move to ball
Kicking around Corners	<ul style="list-style-type: none"> ✓ Used when player is in high pressure, contested situations ✓ Players trunk and shoulders face away to the intended direction of kick ✓ Ball drop, lower leg speed and firm foot are essential ✓ Drop punt or lay the ball across the boot – choose most comfortable
Kicking of One Step	<ul style="list-style-type: none"> ✓ Not recommended but can be necessary or advantageous ✓ Need to create forward momentum quickly – lean forward more ✓ Learn to adapt technique under time and pressure
Dribble Kick	<ul style="list-style-type: none"> ✓ Ball needs to hit the ground immediately after leaving the foot ✓ Ball should roll end over end if the kick is to go directly forward ✓ Ball to go left to right, hold the ball in a snap kick position (right footer) ✓ Ball to go right to left, hold the ball in a banana kick position (right footer)
Switch the Play Kick	<ul style="list-style-type: none"> ✓ Accuracy over a long or short distance ✓ Travel through the air with minimal hang time ✓ Reach team mate quickly to allow a play-on situation
Goal Kicking	<ul style="list-style-type: none"> ✓ Own time and space to execute (closed skill) ✓ Routine to allow player to focus on process rather than result ✓ Kick to be taken approximately 7 metres back from man on the mark ✓ Visualisation or adopt an external focus ✓ Don't overstride on set shots
Kicking In	<ul style="list-style-type: none"> ✓ Evaluate quickly and then choose type of kick ✓ Short kick – low flat pass ✓ Long kick – give hang time for tall player to get to the fall of the ball

NOTE: Regardless of the type of kick, both Coach and player should always focus on the critical elements:

1. Control the ball on to the foot, 2. Acceleration of the lower leg, 3. Firm Foot and lock ankle