



## Coaching Kicking Session 1

### Tactical Issue:

- Using a drop punt, kick the ball to the leader's advantage from a distance of 40 metres

### Coaching Session Focus:

- Kicking the ball out in front of the leading forward so that the player can run onto it without breaking stride or the defender spoiling from behind.

### Objectives:

- Time the kick
- Pick the correct aiming point

### Activity – Lead from the Front

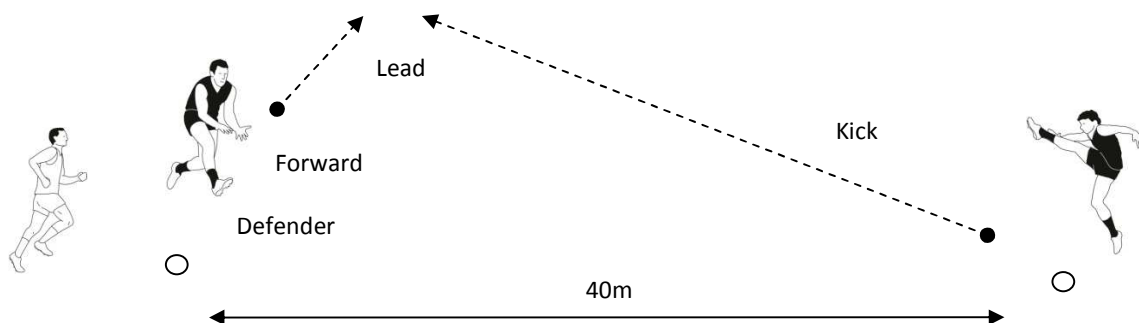
#### Aim –

Kick the football to enable the leading player to take a mark in front of the eyes on a fast lead.

#### Method –

(3 players, 2 cones, 1 ball)

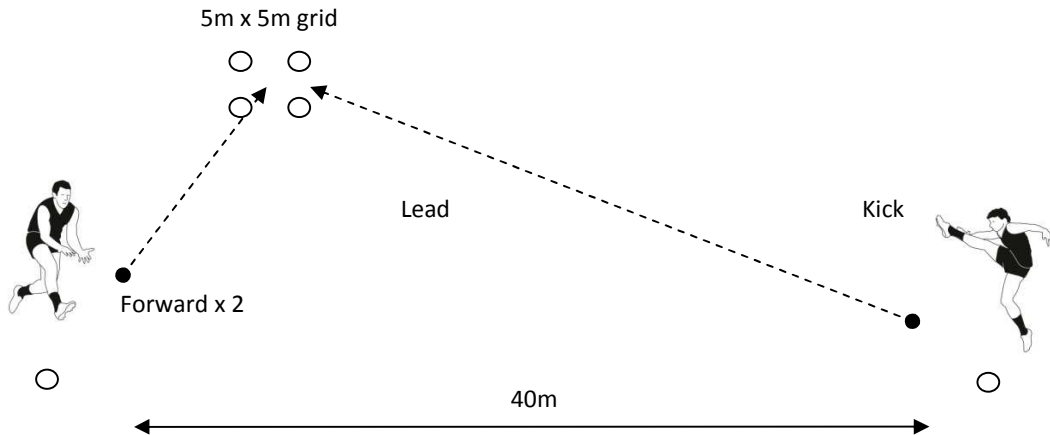
- Kicker stands at a cone facing two other players who start on the cone 40 metres from the kicker.
- One of these players is the leading player (forward) and the other is the defender.
- The forward pushes off the defender and makes a fast lead at an angle of 45 degrees to the kicker.
- The defender pursues the forward without adding defensive body pressure.
- The kicker attempts to kick the ball accurately to the forward using the drop punt to enable the forward to mark the ball without markedly changing speed.
- Each player has five attempts and then players rotate roles.
- At the completion of the task the coach calls in all players and the following questions are considered:
  - Q . Where did the kicker have to aim the kick to enable the leading player to mark the ball without markedly changing speed?
    - Out in front of the player.
  - Q . What factors did the kicker have to take into account for this to happen?
    - The speed of the player.
    - The amount of force directed to the kick.
    - The height at which the ball was kicked.



## Practice Task –

(3 players, 6 cones, 1 ball)

- Kicking the ball using the drop punt so that the leading player marks the ball inside a 5m x 5m square grid.
- The kicker stands beside a cone which is 40 metres from the 5m x 5m square grid.
- The two leading players stand beside a cone 15 metres from the grid.
- One player leads at right angles to the intended pass from the kicker.
- The kicker times the pass so that the leading player marks the ball inside the grid.
- The ball is returned to the kicker and the second player makes a lead and attempts the mark inside the grid.
- Each kicker has 10 kicks and players rotate.



## Teaching Points –

- As per the list provided

## Variations –

- Alter the length of the kick.
- Change the size of the grid.
- Pressure on the kicker.
- Pressure on the leading player.
- The kicker starts with their back to the forward who can lead to the left or the right.

## Conclusion:

- Praise the players for their efforts.
- Ask which players felt as though their kicking improved.
- Re-visit the major teaching points.



## Coaching Kicking Session 2

### **Kicking Situation:**

- Using a drop punt kick the ball from inside 50 metres to accurately shoot for goal.

### **Coaching Session Focus:**

- Kicking the ball accurately for goal from anywhere inside 50 metres using the drop punt.

### **Objectives:**

- Kick the football within 20 seconds.
- Pick the correct aiming point.
- Use a pre-kick routine

### **Activity – Golf Football**

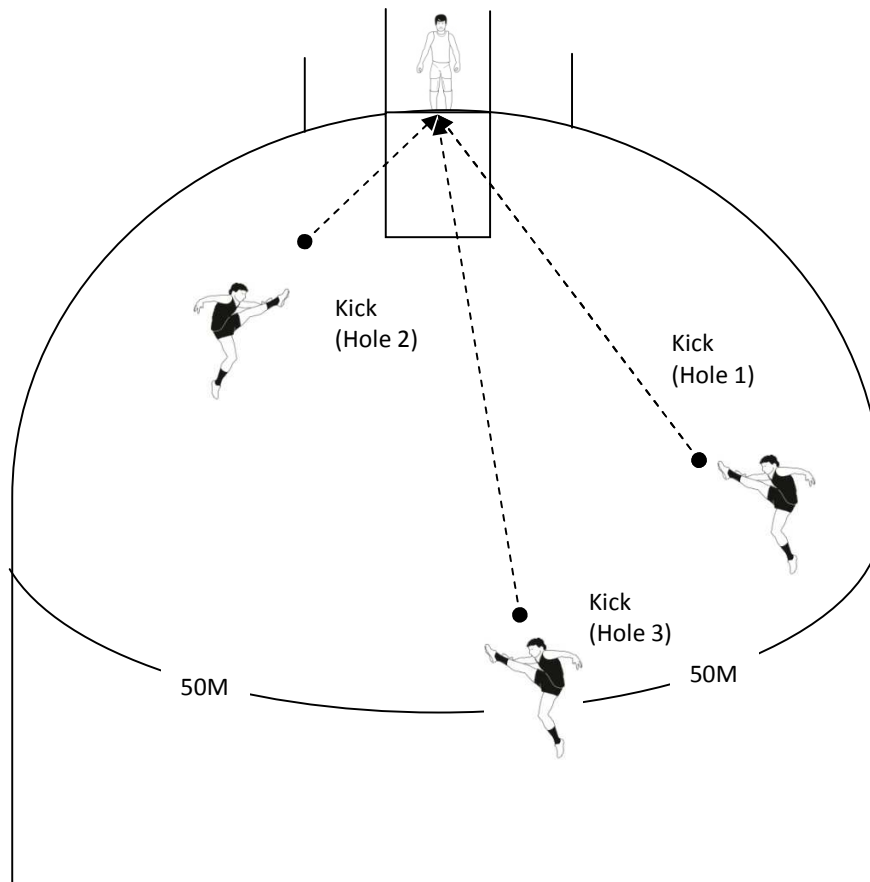
#### **Aim –**

Kick goals using the drop punt to achieve an accuracy ratio of greater than 60% from ten kicks from random positions from within 50 metres.

#### **Method –**

(2 players, 1 cone, 1 ball)

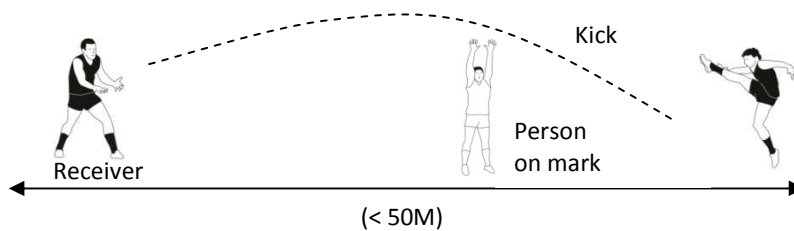
- In pairs the players toss for who has the opportunity to select the position from which the first kick will be taken.
- The player who wins the toss selects the angle and the length of the kick from goals and places a cone where the first kick will be taken.
- The player kicks for goal over the cone using a drop punt.
- The other player goes into the goal square and retrieves the ball.
- The number of kicks that that player takes to score the goal becomes the number of “strokes” for that “hole”.
- The game is played over 9 “holes”.
- The second player attempts to shoot for goals from the same spot and again the number of kicks which are necessary to kick the goal becomes the score for that “hole”.
- The pairs can either keep score by playing stroke or by playing match play.
- In match play the lower the number of kicks necessary to score the goal wins the “hole”.
- The winner of the “hole” selects the position of the next kick or next “hole”.
- The same procedure is repeated for the second “hole” and so on until the nine “holes” are completed.
- At the completion of the task the coach calls in all players and the following questions are considered:
  - Q. Why did one player kick more accurately than the other player?
    - Had a pre-kick routine.
    - Ran in a straight line.
    - Dropped the ball from a short distance to the kicking foot.
  - Q. What do you need to take into account when kicking for goals?
    - A variety of answers depending on their self analysis.



### Practice Task –

(3 players, 1 ball)

- In threes kicking the football using the drop punt from various positions inside 50 metres with successive kicks kicked from different spots.
- The length and the angle of the kick is changed from one kick to the next.
- The kicker must kick over the mark.
- Each kicker has 10 kicks and the players rotate positions.



### Teaching Points –

- As per the list provided

### Variations –

- Work in 3's and man the mark to force the kicker to kick over a man on the mark.

### Conclusion:

- Praise the players for their efforts.
- Ask which players felt as though their kicking improved.
- Re-visit the major teaching points.



## Coaching Kicking Session 3

### **Tactical Problem:**

- Using a snap shot, kick the ball through the goals from an angle that warrants the use of that kick.

### **Coaching Session Focus:**

- Kicking the ball accurately for goal from a position anywhere inside 50 metres that warrants the use of the snap shot.

### **Objectives:**

- Time the kick
- Pick the correct aiming point
- Determine the conditions under which a snap shot is taken

### **Activity – Snap Football**

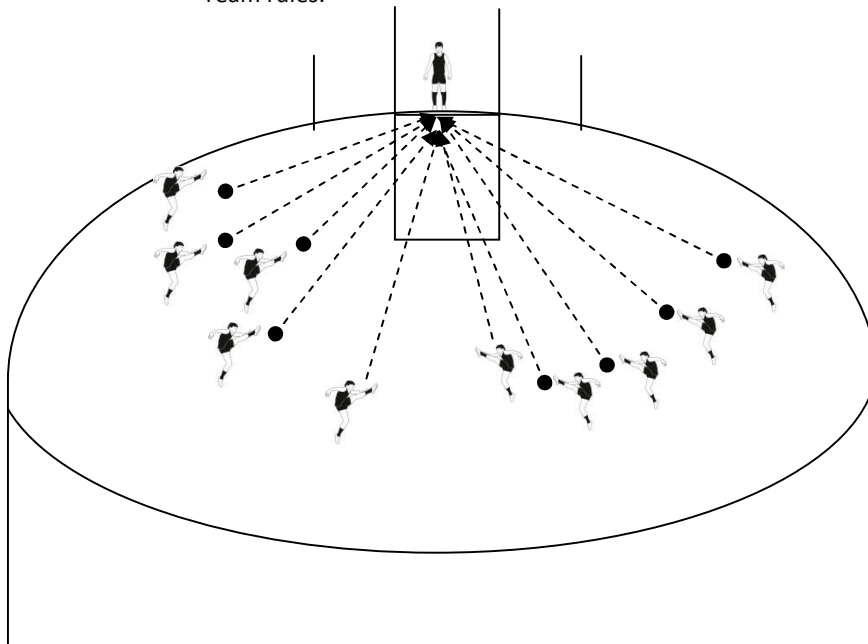
#### **Aim –**

Taking accurate snap shots on goal and knowing when to use this kick.

#### **Method –**

(2 players, 10 cones, 1 ball)

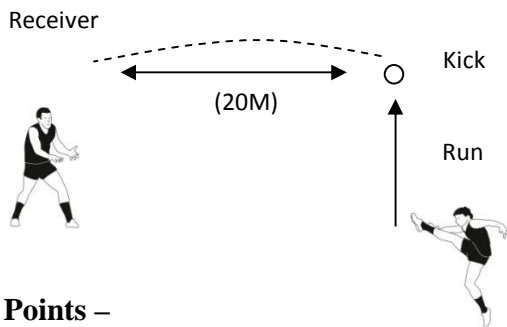
- In pairs, the players decide where the ten cones should be located inside 50 metres from which each snap shot will be taken.
- The first player takes 10 snap shots from the 10 different locations and records the goals and behinds achieved for those 10 shots.
- The other player goes into the goal square and retrieves the ball.
- The second player attempts to shoot for goals from the same locations in turn.
- At the completion of the task the coach calls in all players and the following questions are considered.
  - Q. Why would a player decide to use the snap shot?
    - When all other options are covered.
  - Q. What factors did the kicker have to take into account before the kick was taken?
    - The amount of space available.
    - Team rules.



### Practice Task –

(2 players, 1 cone, 1 ball)

- In pairs the players stand 20 metres apart with one player in possession of the football.
- The player runs at an angle to a cone and kicks the snap shot over the cone to be marked by the team mate.
- The second player performs the same task.
- Complete 10 snap shots each.



### Teaching Points –

- As per the list provided

### Variations –

- Work in threes and man the mark to force the kicker to kick over a man on the mark.

### Conclusion:

- Praise the players for their efforts.
- Ask which players felt as though their kicking improved
- Re-visit the major teaching points.



## Coaching Kicking Session 4

### **Tactical Problem:**

- Using a weighted drop punt, kick the ball is to be kicked over different distances.

### **Coaching Session Focus:**

- Kicking the ball using weighted drop punts over different distances.

### **Objectives:**

- Assess the distance of the kick
- Adapt the forces applied to each kick.

### **Activity – Casting the Line**

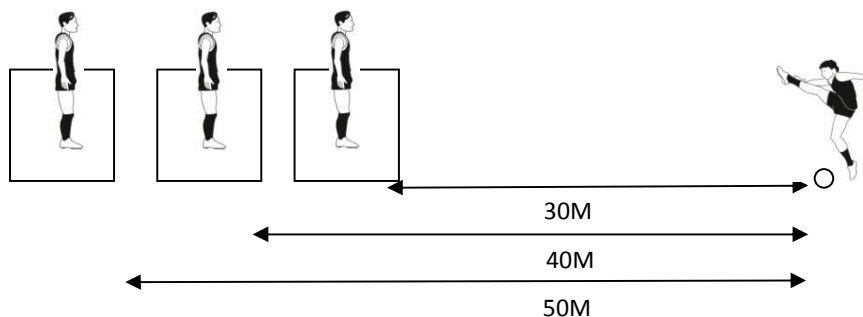
#### **Aim –**

Kick the football using a weighted kick to enable the ball to land in various target areas at varying distances from the kicker.

#### **Method –**

(4 players, 13 cones, 1 ball)

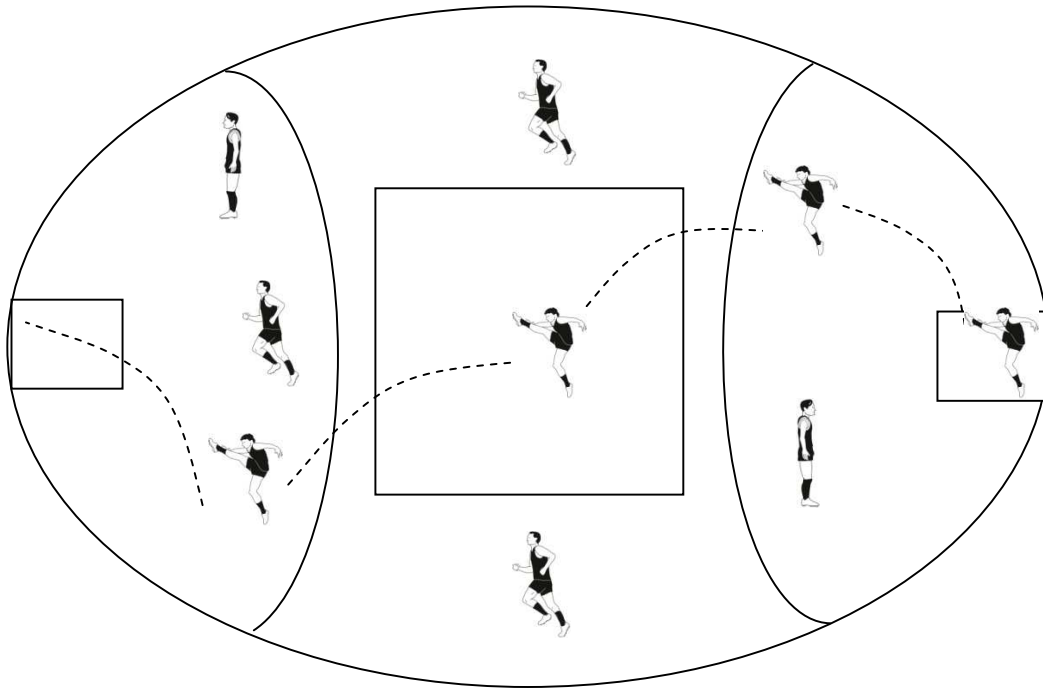
- The kicker stands at a cone facing three other players who are standing in 5x5 metres grids designated by cones.
- The target areas are located directly in line with each other at distances of thirty, forty and fifty metres from the kicker.
- These distances will vary depending on the age and skill level of the players.
- The three players stand in the separate grid areas ready to mark the football as each attempt is made. If a mark is taken with both feet on the ground inside the target area a point is awarded.
- Each kicker has three attempts at each of the three distances in turn in random order.
- The player nominates the distance but cannot kick the same distance in successive kicks.
- The maximum score for each player is 9 points.
- After 9 kicks the players rotate positions until all players have been kickers..
- At the completion of the game the coach calls in all players and the following questions are considered.
  - Q. What did the kicker have to do achieve a high score?
    - Weight each kick.
  - Q. What factors did the kicker have to take into account for this to happen?
    - The length of the run up.
    - The length of the leg swing in the preparation phase and in the follow through.
    - The amount of force directed to the kick.
    - The height at which the ball was kicked.



## Practice Task –

(6+players, 1 ball)

- The players are spread out over the ground.
- The ball is kicked in from the goal square using the drop punt and is kicked to team mates as the ball travels down the ground.
- The last player who is inside 50 metres kicks for goal.
- Another ball travels down the ground from the kick in.
- Each time a player kicks the football, it must be kicked to a different player at a different distance.



## Teaching Points –

- As per the list provided

## Variations –

- Alter the length of the kick. Put pressure on the kicker.
- Game: Casting the Line
  - Same game as above but place the grids at different angles with respect to the kicker.
  - Change the size of the grids.
  - Have the players leading into the grids to mark the football.

## Conclusion:

- Praise the players for their efforts.
- Ask which players felt as though their kicking improved
- Re-visit the major teaching points.



## Coaching Kicking Session 5

### **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 Leader**

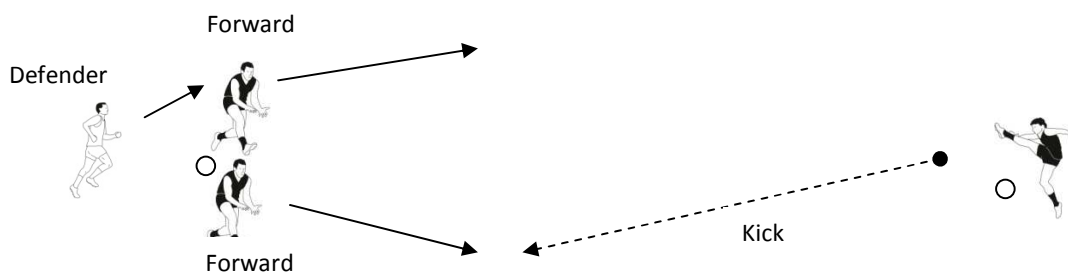
#### **Aim –**

Quickly make the decision to pass to the leading player who is in the best position to accept the pass.

#### **Method –**

(8 (4v4) players, 2 cones, 1 ball)

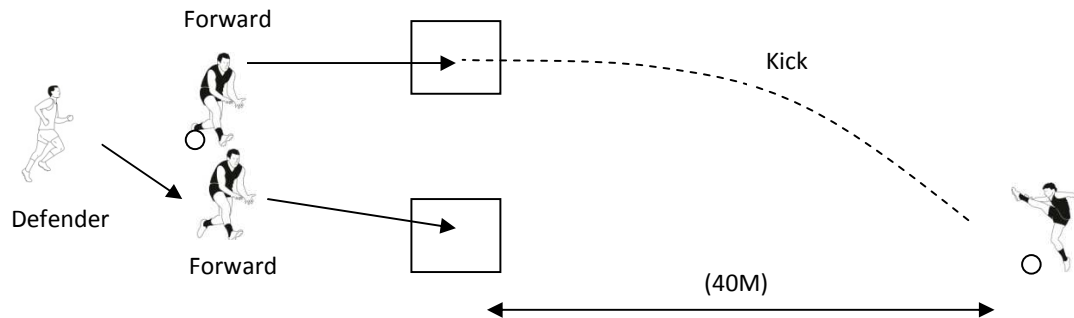
- The kicker stands at a cone facing three other players who start on the cone 40 metres from the kicker.
- One of these players is the defender and the other two are forwards.
- When the kicker is ready the two forwards lead in different directions and the defender has to defend one.
- As soon as possible the kicker makes the decision to kick using the drop punt to the appropriate leading forward.
- The kicker attempts to kick the football accurately to the forward using the drop punt to enable the forward to mark the ball without markedly changing speed.
- Each kicker has five attempts and then players rotate roles.
- The opposing team are completing the same task on another part of the ground.
- 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 to?
    - 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, 10 cones, 1 ball)

- Kicking the football using the drop punt so that the free leading player marks the ball inside a grid 5 metres by 5 metres square.
- In fours the kicker stands beside a cone which is 40 metres from a grid (5m x 5m).
- The two leading players stand beside a cone 15 metres from two grids placed between them and the kicker.
- On the signal given by the kicker the players lead to their respective grids.
- The defender decides which player he will defend.
- The kicker using the drop punt kicks the football to enable the free leading player to mark the ball inside the grid.
- The ball is returned to the kicker and the process is repeated.
- Each kicker has 10 kicks and players rotate.



## Teaching Points –

- As per the list provided

## Variations –

- Have 2 defenders and 3 leading forwards or 3 and 4.
- Put pressure (time constraints, start with eyes closed or have “mock” pressure) on the kicker.
- Game: Lead From the Front

Same game as above but instead of the kicker facing the forward the kicker starts with their back to the leading players. Have groups of 3 all over the ground (continuous activity)

## Conclusion:

- Praise the players for their efforts.
- Ask which players felt as though their kicking improved.
- Re-visit the major teaching points.



## **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**

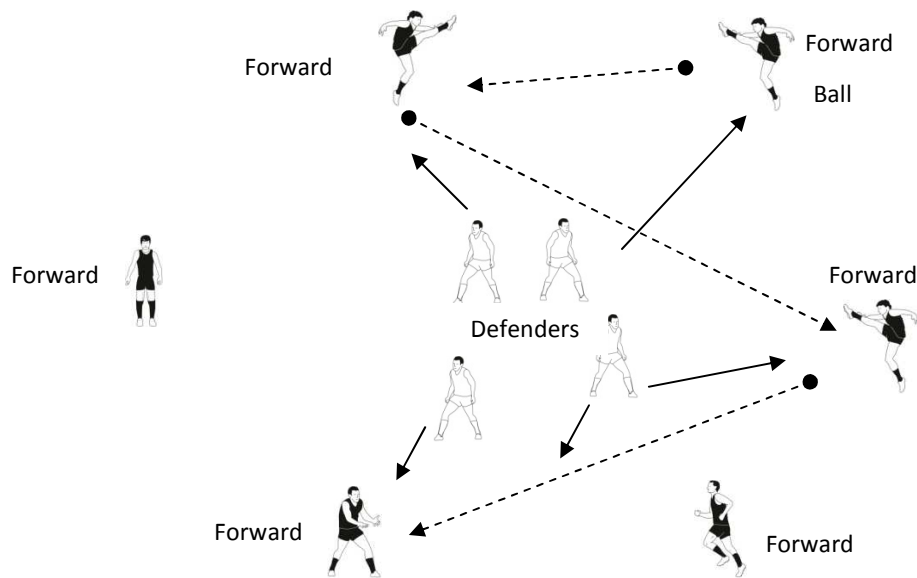
#### **Aim –**

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)

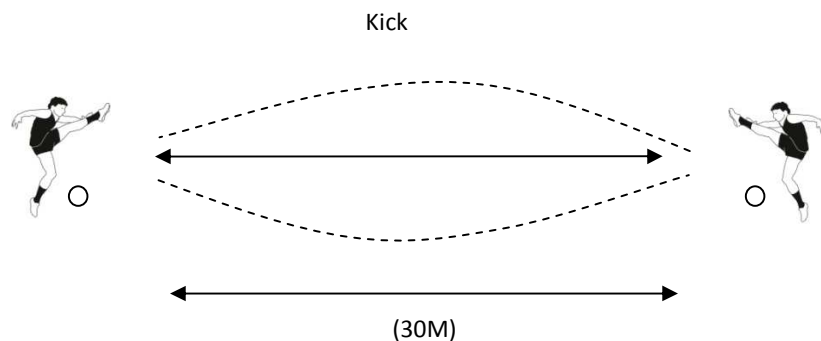
- The number of players is 6v6.
- The game involves the 6 players passing the ball among the team using the drop punt in half the ground.
- Four of the defenders defend the situation by attempting to tag the player with the football.
- Two additional players from the defending team who are on the boundary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