

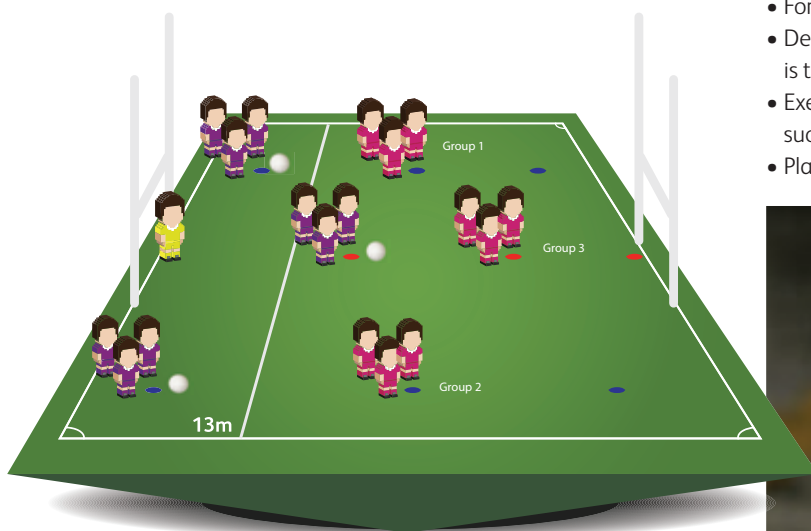
Improving Kicking Accuracy

EXERCISE 1

WHAT DO I NEED TO SET UP THIS GAME?

- Goalposts
- As many footballs as possible for efficiency of the drill
- 3 groups consisting of even number of defenders and attackers
- Cones
- Whistle
- Goalkeepers
- Helpers – locate a few helpers behind the goals in order to retrieve footballs and distribute footballs back to the groups

WHAT WILL PITCH LAYOUT LOOK LIKE?



HOW DOES THIS EXERCISE WORK?

- Divide team into three groups – important to have even number of attackers and defenders
- Defenders gather at cone placed at the base line. For group 3, defenders gather at cone on the 13m line.
- Attackers gather at cone approx. 15m in front of defenders
- Exercise commences with the defenders having the ball
- Group 1 and 2
- Defenders solo or hop the ball as fast as they can to cone placed 40m out the field
- When the defender hits the cone 40m away they turn immediately and distribute the ball into their inside forward
- The forward inside, times their run, collects the ball at pace and kicks a point at pace

- Group 1 players must carry out skills with left side of the body while the players at group 2 carry out the skills on the right side of the body
- Group 3
- Slight variation...distance between defenders and attackers is greater.
- When defenders hit cone 40m out they must 'pop' pass ball over the attackers head which in turn the attacker turns to receive pass from defender and scores a goal
- After a certain timeframe, groups rotate around.

WHAT DO YOU NEED TO WATCH OUT FOR?

- The exercise being done at real pace i.e. defender with ball, delivery of ball, run of forward and execution of shot
- Forwards must time their run appropriately
- Defenders aim to deliver a quality pass that has the distance and is to the advantage of the forward
- Execution of the score is important – aim for perfection i.e. 100% success rate
- Players technique of the kick pass is key to this exercise

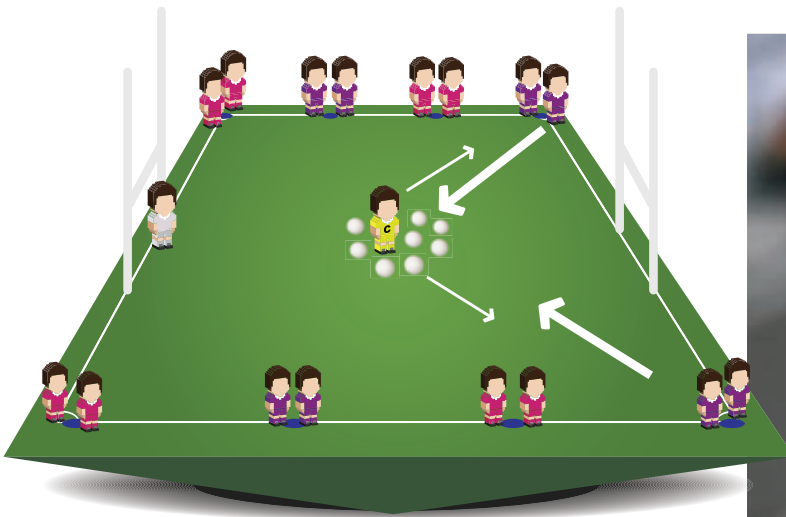


EXERCISE 2

WHAT DO I NEED TO SET UP THIS GAME?

- Goalposts
- As many Footballs as possible for efficiency of the drill
- 2 groups consisting of even number of defenders and attackers or divide groups based on numbers available.
- Cones
- Whistle
- Goalkeepers
- Helpers – locate a few helpers behind the goals in order to retrieve footballs and distribute footballs back to the groups

WHAT WILL PITCH LAYOUT LOOK LIKE?



HOW DOES THIS EXERCISE WORK?

- Divide your team into two groups – even number of defenders and attackers
- Ideally you would use full pitch with players divided evenly as go up the pitch. However, distance between pairs is dependent on many factors i.e. number of players, current kicking ability of players, age group etc.
- Coach is in centre with as many footballs as possible
- He/She commences the exercise by kicking a high, low ball into the defender on the baseline
- The defender gathers the ball as cleanly as possible, in meantime her teammate comes off the shoulder then delivers a long range kick pass to her teammate on opposite side of the field where the player gathers the ball as cleanly as possible. A team mate again comes off the shoulder and executes a long kick pass across the pitch to teammate and so on...
- Exercise continues until ball reaches far group on the base line. Only difference here is when player coming off the shoulder receives the ball, she has option to go for a point or a goal.
- Exercise continues on the opposite side of pitch at same time.
- Important, coach distributes the ball in quick succession so that the drill is carried out at a good pace.

WHAT DO YOU NEED TO WATCH OUT FOR?

- Is the player achieving the distance with the kick i.e. good technique?
- Are players timing their runs off the shoulder and not receiving the ball ahead of the play?
- Are the players receiving the ball timing their runs?
- Are players able to kick for distance off both sides of the body?

NOTE: Coaches can increase difficulty for these two exercises by adding in defenders etc. but important players conduct same with efficiency first before reaching that stage.

