

Topic: Kicking for distance

GAME 1:

Why set up this drill:

Scenario:

You have been taking basic statistics in your games lately. One area that you focused on in your last game was the ability of your players to find their teammates with a good accurate kick-pass. The result from the statistics highlighted that majority of the turnovers by your team to the opposition was a result of a poor kick pass and inability to find their teammate from distance.

What will this drill do?

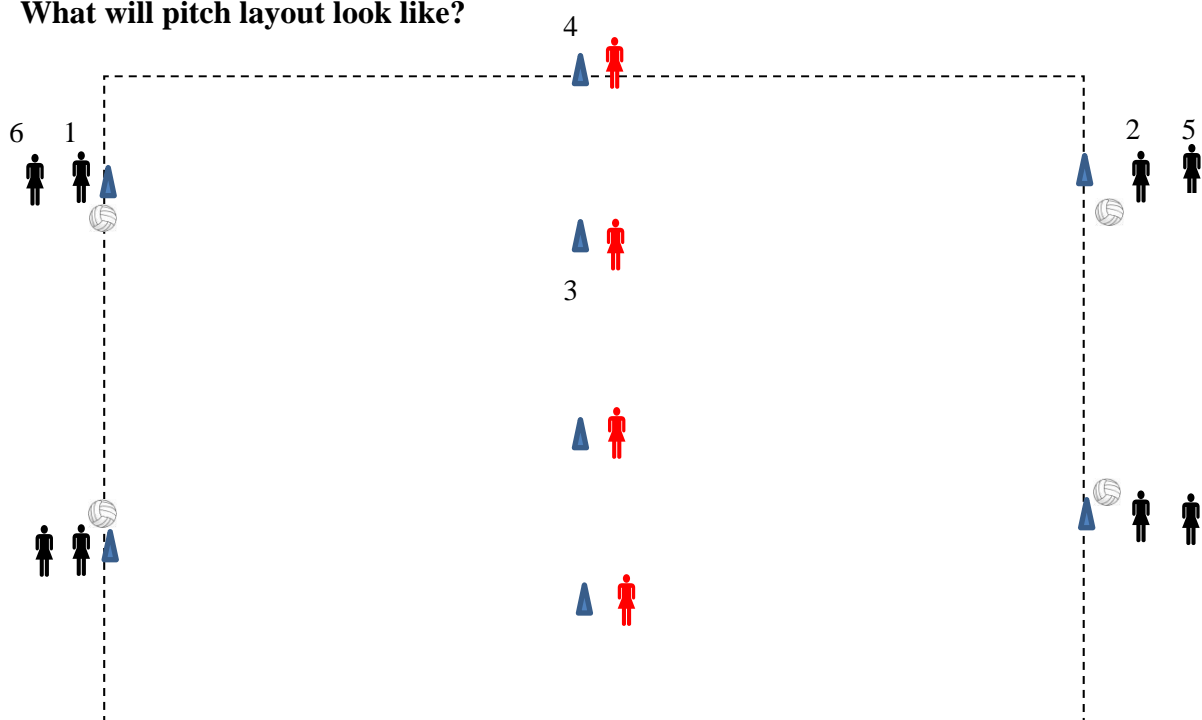
This drill will improve player's ability to:

- Understand the technique required to execute a quality kick pass
- Kick pass the ball over distance
- Find their teammate with an accurate kick pass
- Kick pass to a team mate on the move

What do I need to set up this drill?

- Cones to mark out the grids. The length of the drill is approx. 40m in length with two cones marked out half way as shown in diagram.
- 2 Footballs are needed per group
- Set up number of grids to suit number of players. 6 player's min per group.
- Whistle

What will pitch layout look like?



How do you execute this Drill?

- Provide the players with the following directions:

Phase 1:

- Player 1 must kick pass to player 3 standing at the cone. Player 2 at the same time kick passes the ball the player 4 who is standing at the cone also.
- Player 1 continues her run and collects a pass from Player 4. When receive the ball, player 1 then proceeds to kick pass to player 5 and follows the kick to end of line.
- Player 4 does the same. After initial kick she receives a pass from player 3 and proceeds to kick pass to player 6 at end of next line
- Allow drill to continue for specified length of time. Coach is all the time observing the kicking action of his/her players.
- Rotate the players in the centre every so often.

Phase 2:

- After allocated timeframe, stop the drill and provide group with the necessary teaching points (Head, Hands, Feet) to execute the kick pass

Phase 3:

- Players go back into drill and improve kicking accuracy with better technique
- Ensure drill is done with good pace and that players are constantly moving while executing the skill

What changes can be made to the drill?

	How can I make the drill Easier?	How can I make the drill Harder?
Space	Shorten distance	Increase distance
Task	Decrease pace of drill	Increase pace of drill by bringing in a competitive edge to drill i.e. 1 st team to ten successful kicks without ball dropping on ground Use 'less preferred foot'
Players	Add extra players at end of each line to increase recovery	Players in centre point direction where they want ball to be kicked to

Problem	Solution
No accuracy with kicking	Reinforce teaching points of the kick pass – Head, Hands and Feet
Players stop to execute kick-pass	Players must be moving when receive ball from player in centre
In ability to kick in direction teammate wants ball	Get players in centre to point direction in which they want ball to be kicked into. Players executing skill give a look up prior to executing the kick pass

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GAME 2:

What will this Game do?

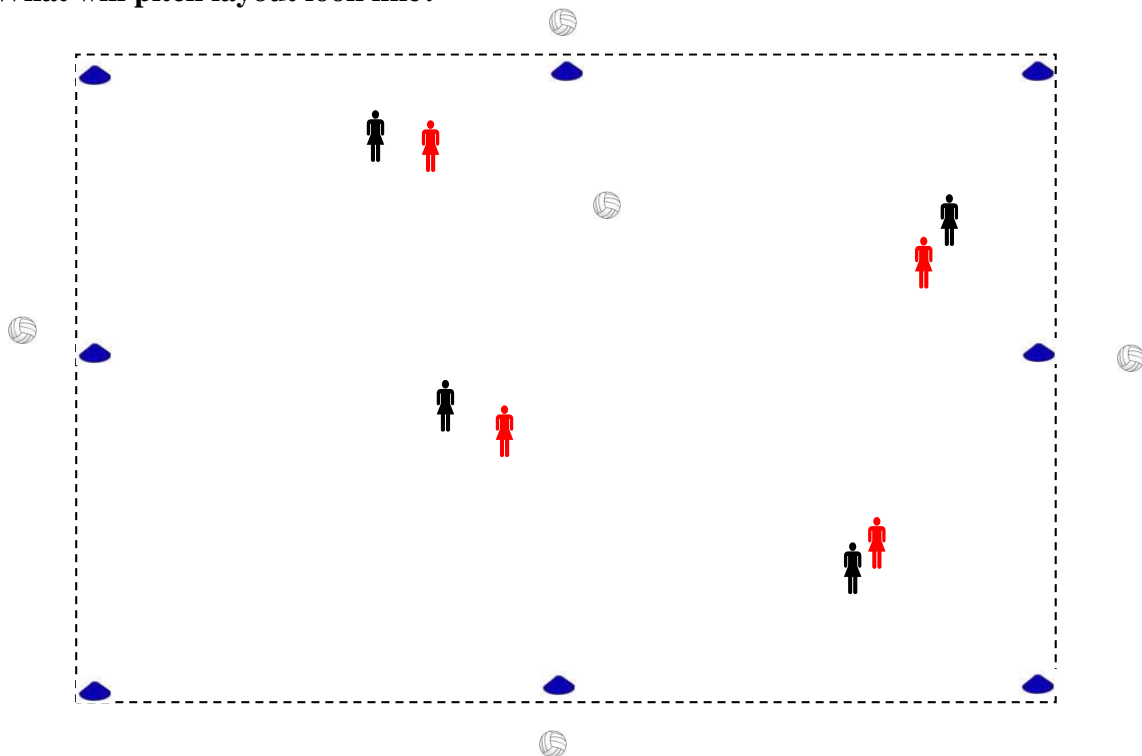
This game will:

- Improve players team play
- Develop communication with your players
- Improve decision making and timing of kick passes
- Improve movement on and off the ball
- Improve accuracy of kick passing

What do I need to set up this Game?

- The size of the playing area should be approx. 40m x 40m
- 1 Footballs min – 1 football during play but could have few outside grid if require to speed up play if a kick-pass goes a drift
- 2 teams wear bibs
- Cones to marked side-line and end lines
- Whistle

What will pitch layout look like?



How do you play this Game?

Start of Play:

- Divide Players into two teams
- Two teams commence game with coach throwing up ball between them in the middle

Rules of Play:

- Team that wins possession must find a teammate with a kick-pass
- Kick passing only – No Solo or hop

How do you score in the Game?

- Teammate that wins possession of ball upon receiving a kick pass

What changes can be made to the Game?

	How can I make the Game Easier?	How can I make the Game Harder?
Space	Decrease playing area (Reduce pace of game)	Increase playing area (this will increase the pace of the game)
Task	Players are allowed to solo/hop the ball once	Use 'less preferred side' (e.g. left kick pass only) Player receiving ball must win ball clean in order to register a score
People	More players per team	Less players per team

What are the Common Problems to watch out for?

Problem	Solution
Lack of movement of players	Players must be moving when receive ball and also to get into space to look for a pass
No support for player in possession	Important that players all over pitch are looking to receive the ball to give options to the player in possession
Lack of composure at vital time	Ensure you have select right time to execute the kick pass and do not delay

