

Session Focus: Kick Passing
 Prep: 1. Split into 4 teams, approx. 8 v 8 for matches, half with bibs & half without bibs



Exercise 1: 20 mins
 Possession Game : Short ball/Long ball

SHORT BALL LONG BALL

HOW TO PLAY: Two equal teams between 9 and 12 players
 • Idea of the game is to keep possession of the ball • Every pass must change from a kick-pass to a hand-pass • When your team wins possession they decide which sequence it starts in • If possession is lost then the other team starts their sequence • The game only stops for a free kick or if the ball goes outside the boundary

PROGRESSION: Must keep the ball for 30 seconds to score a point ball then goes to the other team. Every kick pass is caught clean or after 1 bounce=1 point. Keep ball until possession is lost.

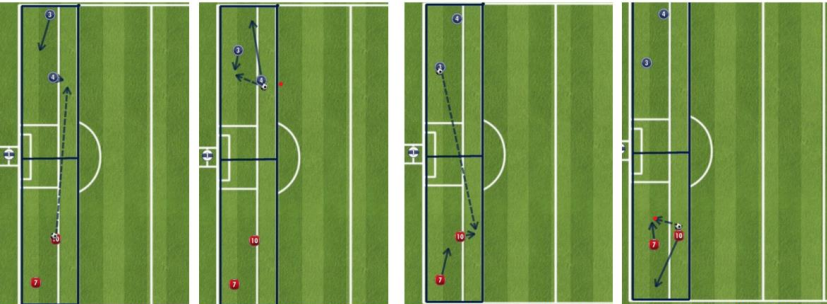
WHAT IT DEVELOPS: Accurate passing & decision making

Exercise 2: 10 mins

1. Kick passing – Punt kick
2. Lay off - Handpass
3. Encourage receiver to “attack the ball” - not just stand and wait for it

PRACTICE 2: KICK & MOVE



1: Set up channel as shown. 2 reds and 2 blue on each side of the channels kick passing across the field. Red (10) Kick Passes to Blue (4), whilst Blue

2: Blue (4) hand passes to Blue (3) and returns to side-line.

3: Blue (3) kick passes to Red (10) and this pattern continues

4: Example shows kicking pattern continuing. Reverse roles.

Exercise 3 : 10 mins (Block Down)

1. Divide into pairs, one ball to each pair.
2. One kicking and one blocking
3. Switch kicker and blocker

KEY TEACHING POINTS

Stand close to the opponent. Approach from the side.

As the opponent attempts to play the ball, reach forward with hands close together. Eyes on the ball.

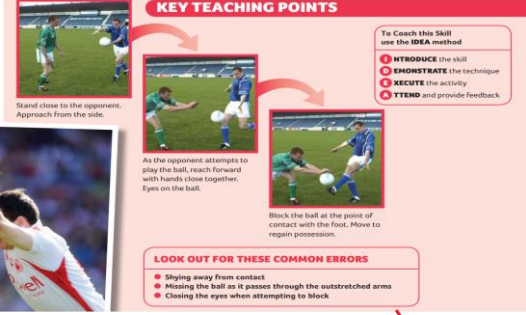
Block the ball at the point of contact with the foot. Move to regain possession.

LOOK OUT FOR THESE COMMON ERRORS

- Sliding away from contact
- Missing the ball as it passes through the outstretched arms
- Closing the eyes when attempting to block

To Coach this Skill use the IDEA method

1. **I**NTRODUCE the skill
2. **D**EMONSTRATE the technique
3. **E**XECUTE the activity
4. **E**VALUATE and provide feedback




Match 20 (mins)
 Stop & Fix:

1. “Find a pass” first – too many of them are taking a solo before looking for pass.
2. “Play as a team” – pass to free player in best position to score – rather than trying to take a man on so they can score

Pitch 1, 2 & 3:

-8 v 8
 - **3 seconds to get rid of ball**
 - Kick across shaded area



Wrap up race/fun game (5 min)	
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