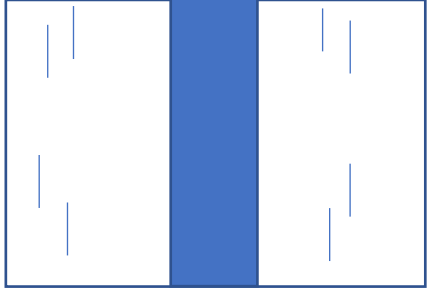



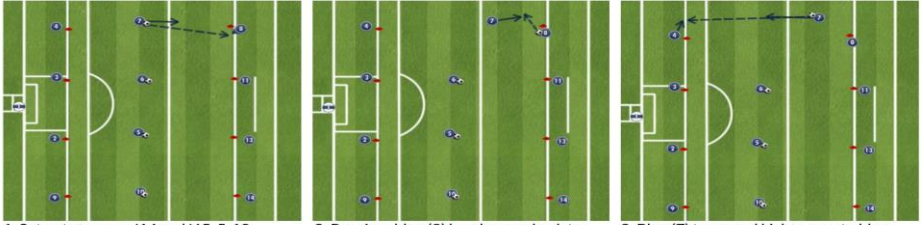



<p><b>Session Focus: Kick Passing</b></p>	<p>Prep: 1. Split into 4 teams, approx. 8 v 8 for matches, half with bibs &amp; half without bibs</p>	
<p>Exercise 1: 20 mins Possession Game (Through the gates) (a) Must kick pass across shaded area – must avoid them soloing up to line and kick pass short (b) Encourage to scan for kick pass first – rather than take hop/solo</p>	<p>-8 v 8 -Encourage more use of long kick pass to get out of trouble</p>	
<p>Exercise 2: 10 mins In 3s (Punt Kick pass) :</p> <ol style="list-style-type: none"> <li>1. Kick in triangle</li> <li>2. Focus is on accuracy</li> <li>3. Try get them to not “smash” the ball as high and as far as the can</li> </ol>	<p>Player 1  Player 3 </p> <p>Player 2 </p>	
<p>Exercise 3: 10 mins</p> <ol style="list-style-type: none"> <li>1. Kick passing – Hook kick</li> <li>2. Try encourage kick pass on the turn</li> <li>3. Encourage receiver to “attack the ball” - not just stand and wait for it</li> </ol>	<p><b>PRACTICE 4: TWIST &amp; KICK</b></p>  <p>1: Set out cones on '14 and '65, 5-10 metres apart. 3 players in each group with 1 player on middle working. Blue (7) starts in middle kick passes to blue (8).</p> <p>2: Receiver blue (8) handpasses back to blue (7).</p> <p>3: Blue (7) turns and kick passes to blue (4) at other side.</p>	
<p>Match 20 (mins) Stop &amp; Fix:</p> <ol style="list-style-type: none"> <li>1. “Find a pass” first – too many of them are taking a solo before looking for pass.</li> <li>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</li> </ol>	<p>Pitch 1, 2 &amp; 3:</p> <p>-8 v 8 - <b>3 seconds to get rid of ball</b> - Kick across shaded area</p> 	
<p>Wrap up race/fun game (5 min)</p>		