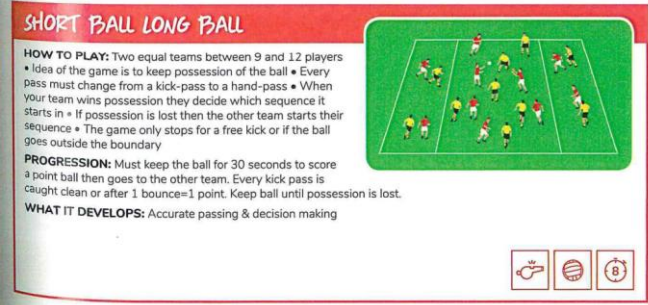
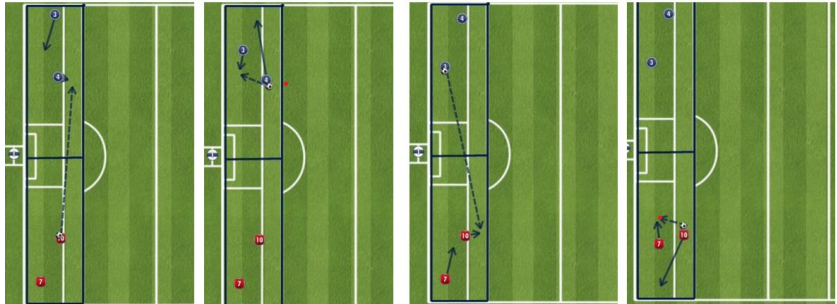



<p>Session Focus: Kick Passing</p>	<p>Prep: 1. Split into 4 teams, approx. 8 v 8 for matches, half with bibs & half without bibs</p>
<p>Exercise 1: 20 mins Possession Game : Short ball/Long ball</p>	 <p>SHORT BALL LONG BALL</p> <p>HOW TO PLAY: Two equal teams between 9 and 12 players • Idea of the game 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</p> <p>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.</p> <p>WHAT IT DEVELOPS: Accurate passing & decision making</p>
<p>Exercise 2: 10 mins</p> <ol style="list-style-type: none"> Kick passing – Punt kick Lay off - Handpass Encourage receiver to “attack the ball” - not just stand and wait for it 	<p>PRACTICE 2: KICK & MOVE</p>  <p>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 (3) hand passes to Red (7) and returns to side-line.</p> <p>2. Blue (4) hand passes to Blue (3) and returns to side-line.</p> <p>3. Blue (3) kick passes to Red (10) and this pattern continues</p> <p>4. Example shows kicking pattern continuing. Reverse roles.</p>
<p>Exercise 3 : 15 mins</p> <ol style="list-style-type: none"> Split group evenly into 2 group and line up at each post. Place a pole out 15 – 20 m in line with goal post. Player start drill at post, solos to pole, goes around it and kicks with his outside foot to shoot for a point. Follows ball and lines up at the other post. Joining this line means he kicks with the other foot. 	<p>As Players improve move out the pole to increase the distance from goal!</p>
<p>Match 20 (mins) Stop & Fix:</p> <ol style="list-style-type: none"> “Find a pass” first – too many of them are taking a solo before looking for pass. “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 	<p>Pitch 1, 2 & 3:</p> <p>-8 v 8 - 3 seconds to get rid of ball - Kick across shaded area</p> 

Wrap up race/fun game (5 min)	