

Players: work in pairs

Paired Kicking

Objective – To develop kicking technique

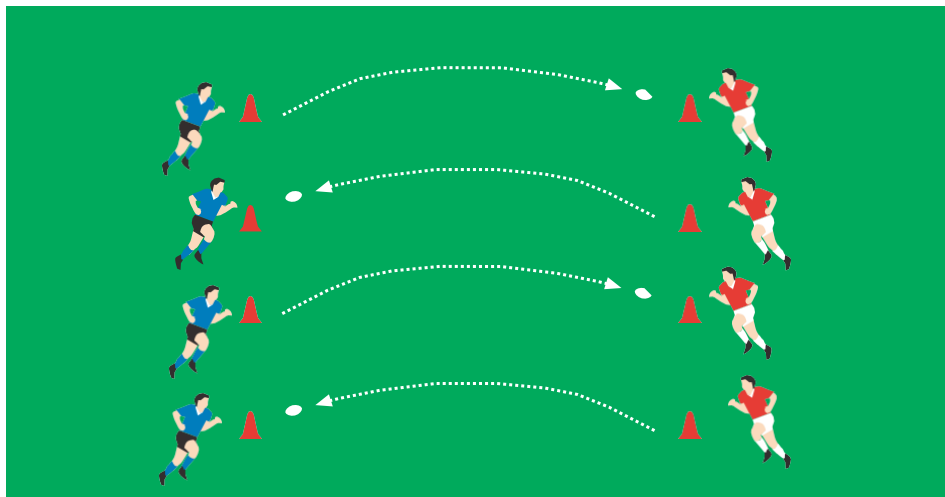
Equipment needed:

- Balls: 1
- Cones: 1 stack

Suggested time allocation:

- 10 - 15 minutes

Set-up Diagram:



How to play:

- Players pair up and initially start 10 metres apart.
- One player kicks the ball to his partner on the opposite cone - the aim is to land the ball as close to your partner as possible.
- As the players improve their accuracy of kick, the distance can be increased.

Coaching points/Key factors:

1. Ball held in two hands and extended towards foot (pointed end downwards)
2. Drop ball onto laces
3. Head and shoulders kept over the ball to ensure weight kept forward (no leaning back)
4. Contact made with laces, toe pointed towards target
5. Straight follow through towards target
6. Increase leg speed to increase power.

Difficulty:

- Increase or decrease the distance between pairs.
- Provide key points of catching / fielding the kick.
- Begin to work in a group of four and have a chaser to put pressure on the fielding player.