

# KICKING - COACHING CUES



## APPROACH

1. ORGANISED FOOTWORK (ON YOUR TOES)
2. MOMENTUM (+ HIPS) TOWARD TARGET
3. STRONG BALANCE LEG - TOE TO TARGET

## CONTACT

1. AIM FOR THE MIDDLE OF YOUR FOOT
2. MAINTAIN FINGERS TOWARD LACES
3. HEAD AND SHOULDERS OVER THE BALL

## BALL DROP

1. BALL LIFT VERTICAL
2. BALANCE ARM UP
3. FINGERS TOWARD YOUR BOOT LACES

## FOLLOW THROUGH

1. MOMENTUM TOWARD TARGET
2. TOES TO TARGET (KICKING LEG)
3. LAND ON KICKING LEG

# KICKING - ABC KICKING

## A KICK

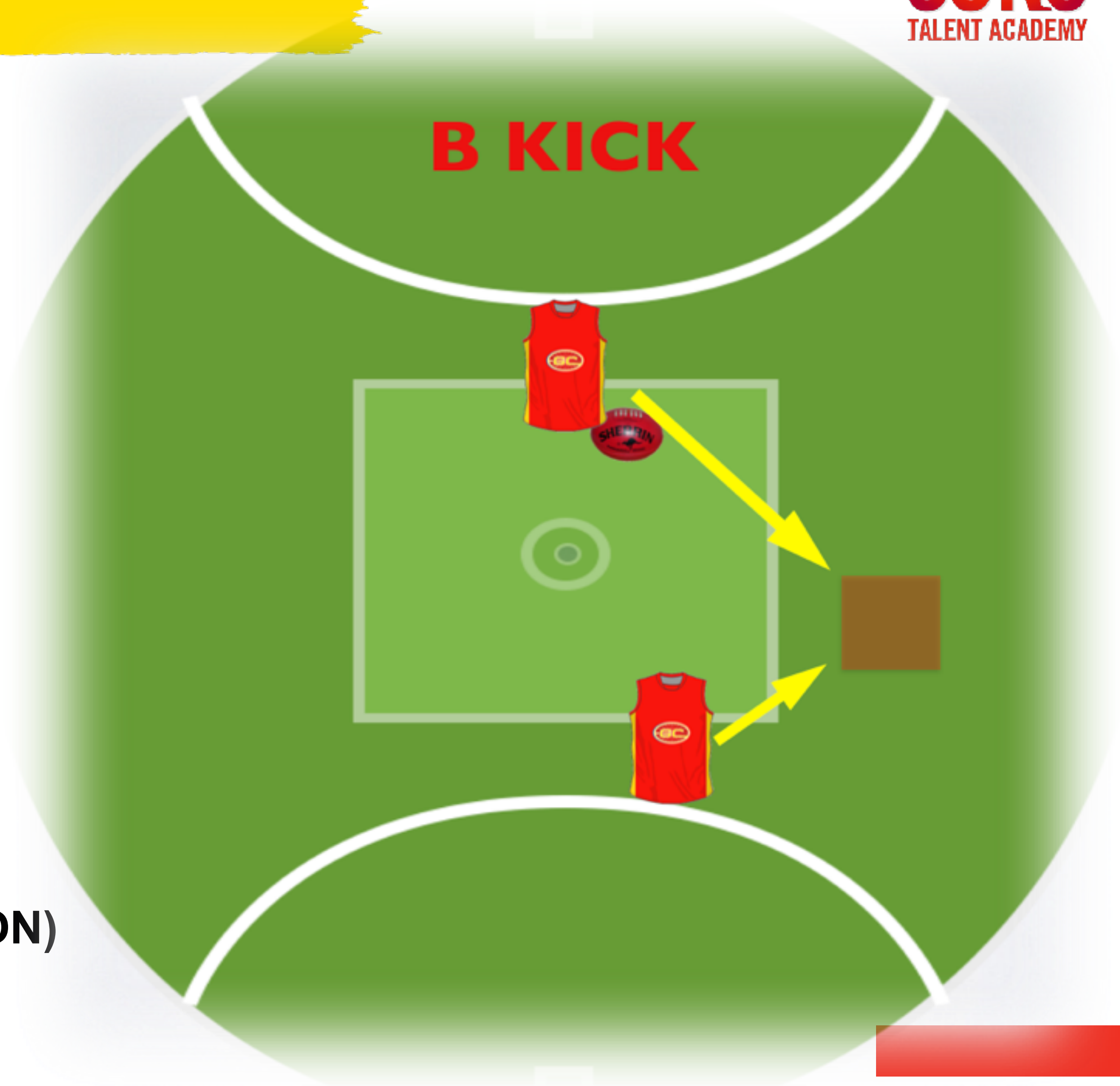
- SHORT 45 (INSIDE 45)
- 15M-20M (3 IRON)
- LOCK AND LOAD
- KEEP THE BALL IN MOTION
- CHANGE ANGLES (CHANGE LANES)
- SHIFT THE DEFENCE



# KICKING - ABC KICKING

## **B KICK**

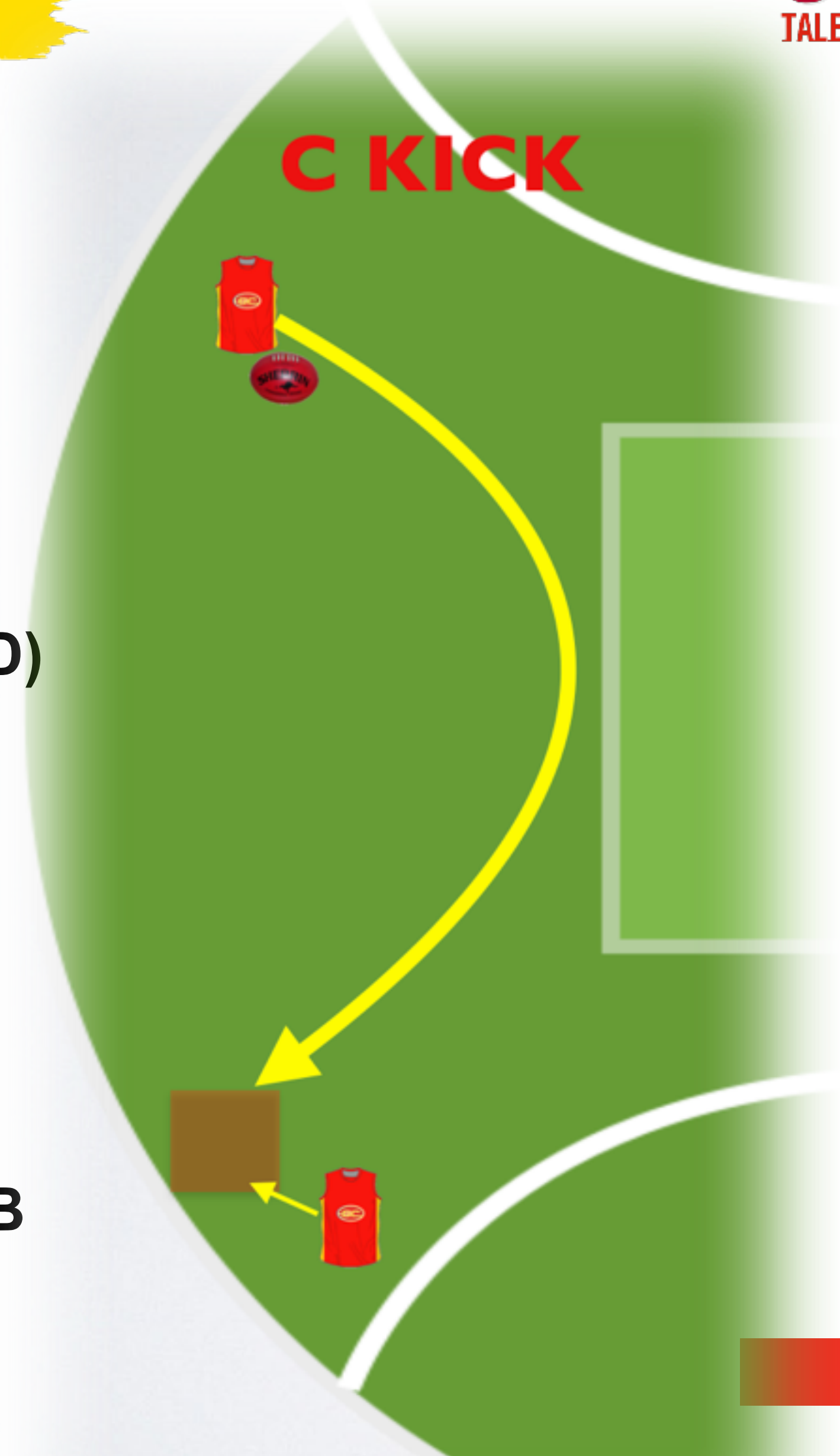
- KICK TO A 45 DEGREE LEAD
- 20M-40M KICK (5 IRON)
- AIR IN THE KICK - KICK TO GRASS
- MOMENTUM (ON THE RUN/MOVING)
- PUT A TEAMMATE INTO TIME AND SPACE
- TEMPO FOOTBALL (MAINTAIN POSSESSION)



# KICKING - ABC KICKING

## C KICK

- LONG DOWN THE LINE KICK (7 IRON) AIR IN THE KICK
- CRAB BACK OFF THE MARK (A + B KICKS ARE COVERED)
- KICK TO ADVANTAGE SIDE
- MOMENTUM (DON'T KICK OFF ONE OR TWO STEPS)
- TAKE GROUND (SLOW THE GAME DOWN)
- PREDICTABLE (SET UP DEFENSIVELY, NUMBERS TO FOB)







**KICKING**



**YOUR FUTURE STARTS HERE. CHALLENGE ACCEPTED**

# KEY FUNDAMENTALS – KICKING

**Organised footwork - Quick feet - On your toes**

**Turn or Get back off the mark**

**Hips and shoulders in line with your target (player or grass)**

**Head and Shoulders over the ball**

**Low ball drop (one handed, grip)**

**Balance arm (Shoulder at 90)**

**Strong balance leg (not locked, but reasonably straight)**

**Momentum (don't kick off one step)**

**Point your toe (to your target)**

**Land on your kicking leg**



**YOUR FUTURE STARTS HERE. CHALLENGE ACCEPTED**



# A KICK

15m - 20m kick

Inside 45 kick

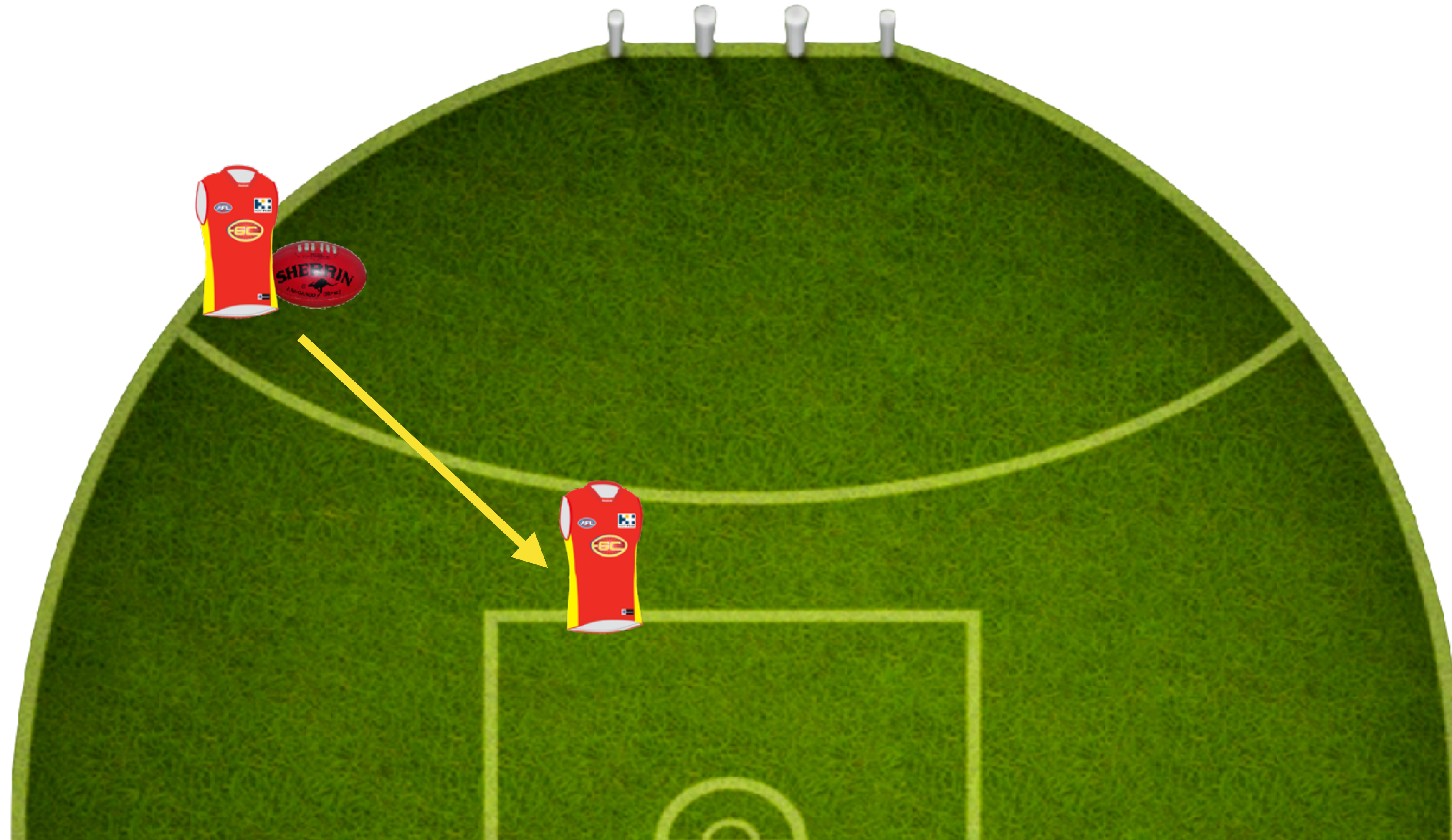
Turn

Quick feet (On your toes)

Low and punchy

Change the angle of the ball

Shift the defence





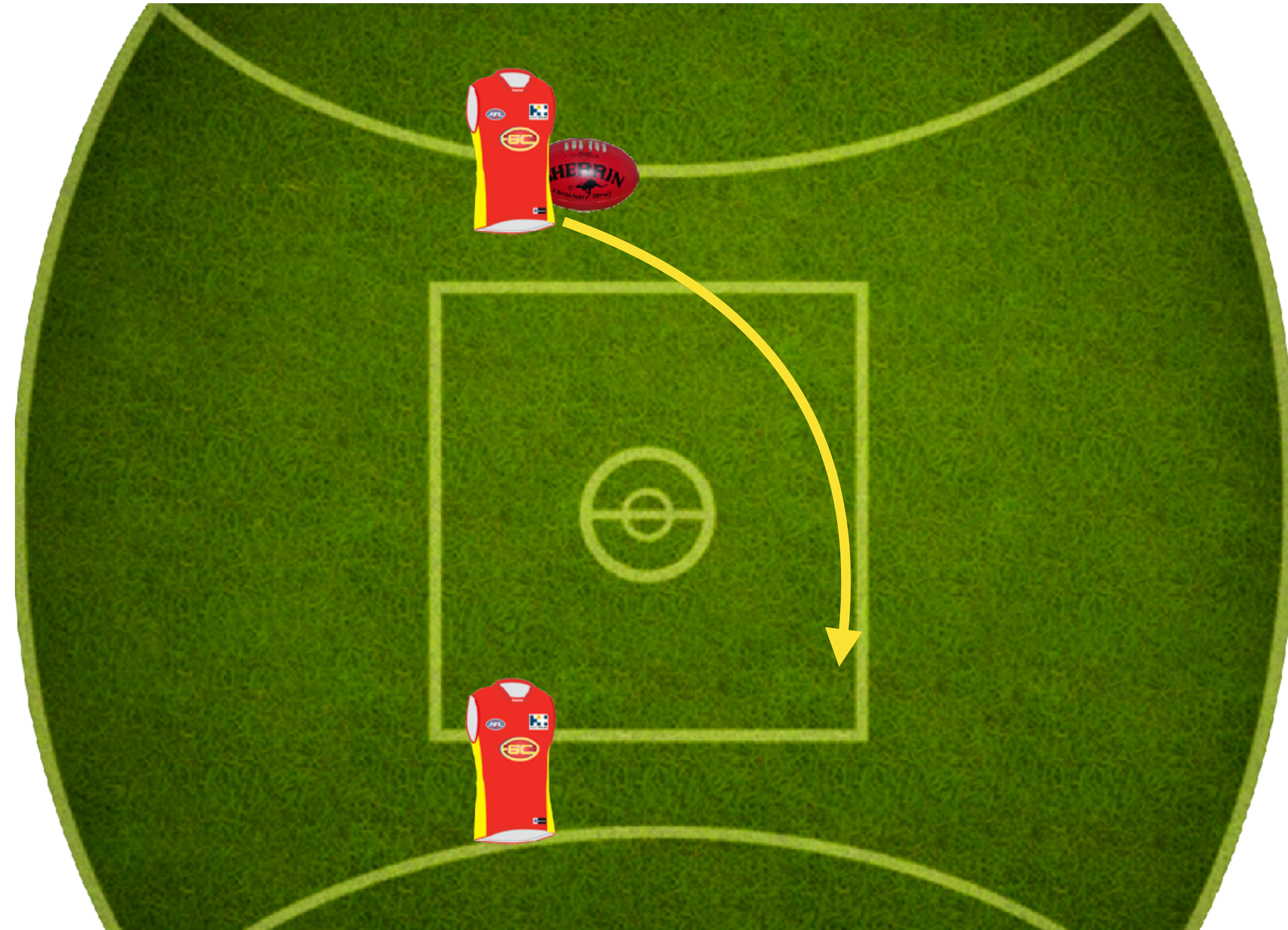
# B KICK

20m - 40m kick

Kick to a lead

Air in the kick (Kick to grass)

Can also be a lateral kick





# C KICK

**30m+ kick**

**Long kick down the line to a contest**

**Bail out kick**

**Crab back - Give yourself room (momentum)**

