

## 07 AGILITY KICK

**Purpose:** Balance properly after a run to execute a good kick.

### ORGANISATION

- ▶ Pairs.
- ▶ On the coach's command the kicker runs back and forward to each hat (1).
- ▶ On the whistle kicker stops, balances and kicks quickly to the target (K2).
- ▶ Rotate roles after 6 – 10 repetitions.

### COACHING POINTS:

- Encourage kicker to use whichever leg suits weight distribution, e.g. running to left (left leg).
- Emphasise the importance of gaining as good a balance as possible before the kick.
- Some talented kickers will be able to perform well even though off balance by using an unorthodox kick.

