

## 125 CENTRING THE BALL

**Purpose:** Teach the strategic value of the correctly placed centring kick.

### ORGANISATION

- ▶ Up to 32 players (4 pairs participating at each end).
- ▶ F rolls the ball between the hat and the boundary line (R).
- ▶ A, chased by an opponent, gains possession and immediately kicks the ball high to a position approximately 5 metres in front of the goalsquare (K).
- ▶ The players at B move under the flight of the ball whilst those at C and D move to front and square.
- ▶ If the attackers win possession they shoot; the opponents rebound to a receiver in the midfield.
- ▶ This drill could be run simultaneously at the other end of the ground using fewer players per group.
- ▶ Rotate the players as desired.
- ▶ Change the drill to the opposite forward pocket and the type of feed (high ball, handball receive).

### COACHING POINTS

- a. The kicker should aim for a spot about 15 metres directly in front of goal.
  - i. Closer in, the ball can be easily punched through by defenders.
  - ii. Further out places the play in the natural rebound territory for opponents.
- b. The higher the kick the better because a high kick can cause defenders to lose sight of the attackers as they are forced to look up at the flight of the ball.
- c. Encourage the player to execute the high kick as soon as possession is gained. Decrease or increase the distance between player and opponent to alter the time available to kick.

