

130 FRONT AND SQUARE

Purpose: Teach the basic front-and-square position for a long kick.

ORGANISATION

- ▶ Up to 34 players.
- ▶ F kicks long and high to the stationary contest in front of goal. If either player marks then the play resumes as a normal shot at goal or a rebound.
- ▶ 4 pairs of attackers and defenders move to the contest, preferably 1-2 metres directly in front of the aerial contest.
- ▶ If the attackers win possession they shoot at goal. If the defenders win they return the ball to the midfield.
- ▶ After each repetition the pairs should rotate to a different hat.
- ▶ Constantly change the roles of the players, positions of the hats and the angle of the feed kick.

COACHING POINTS

- a. The attackers have to work together to assist in at least one of them gaining the prime front-and-square position. This can be done by blocking defenders and taking goal side position (i.e. between the defender and the goals).
- b. The defenders should always try to stay goalside of their opponents.
- c. If an attacker can see a strong punch coming, attacker may hold back a little on the run, but most times the ball will land 1-2 metres directly in front of the stationary contest.

