

119 KICKING TO INSIDE 50 METRES

Purpose: Teach the players that the ultimate aim of run and carry is to produce an effective kick.

ORGANISATION

- ▶ 23 players (10 involved at any one time).
- ▶ F rolls the ball to any of the 2 runners.
- ▶ The 2 free opponents move to defend.
- ▶ The runners attempt to run and carry into space (Hb2) where they can effectively kick to inside 50 metres (K3).
- ▶ Matched-up forwards work to get free to receive the kick.

COACHING POINTS

- a. Move the position of the contest around the 50-metre arc to change the angle of attack and the distance out from goals to alter the types of kicks needed.
- b. Add another defender starting from behind the 2 runners to add more pressure.
- c. Effective kicking to inside 50 metres is one of the more difficult skills of football due to the increased defensive numbers usually found there.

