

152 GOALKICKING RACE

Purpose: Combine goal kicking with fun competition.

ORGANISATION

- ▶ 16 players in 4 groups of 4 using both ends of the ground.
- ▶ The 2 groups at an end take alternate shots.
- ▶ On command 4 players sprint from each cone, pick up a ball and then shoot for goal.
- ▶ The winner of each race is the player who scores the first goal.
- ▶ Each 4 races is a "heat".
- ▶ Rotation:
 - a. Rotate the starting positions in each group after every race.
 - b. After each heat (i.e. 4 races) rotate all the groups to a new area and begin more races.
- ▶ The overall winner is the player who wins most races; alternatively have a knock-out competition after the heats for a grand final.

COACHING POINT

The players will learn to assess the odds, ie, whether to risk a quick early kick or to play safer and run in closer to goal.

