

## 22 PRESSURE KICKING

**Purpose:** Kicking under maximum pressure.

### ORGANISATION

- ▶ 18 players, including 2 opponents.
- ▶ Kickers can kick diagonally or down the lines.
- ▶ Opponents can move anywhere to put pressure on kicker or target.
- ▶ Follow the ball after a successful kick.
- ▶ If the ball is turned over the kicker immediately becomes a defender. The nearest opponent to the turnover joins the ranks of the kickers.

### COACHING POINTS

- a. Kickers will learn to recognise when they have time and space to kick either by kicking immediately on gaining possession or by faking an opponent to create space.
- b. Encourage defenders to experiment with both guarding one player or working all over the square separately.
- c. Defender should try to predict which decision the kicker is going to make or to influence the kicker to make an ineffective decision.

