

154 RUN AN 'S'

Purpose: Teach the advantage of shooting for goal with the preferred leg.

ORGANISATION

- ▶ 12 players (6 per group).
- ▶ Divide the players into right- and left-footers.
- ▶ Set up the hats so the players run the pattern shown ("S") so they take the shot on their preferred leg.
- ▶ Rotate the roles of the kickers and the opponents.

Coaching points

- c. Many shots are missed because players will often continue running in an arc onto their less effective non-preferred leg.
- d. Encourage them wherever possible to change direction, straighten up towards goal and kick with their more accurate preferred leg.
- e. By running an "S" the goal angle is improved.

