

19 PENETRATING KICK RACE

Purpose: Teach players to execute longer penetrating passes.

ORGANISATION

- ▶ Arrange as many pairs that can be judged properly.
- ▶ On command, the kickers at one end run 5 metres to pick up their ball and then have another 5 metres of space to kick a long pass to their partners.
- ▶ The pair whose ball is marked first scores one point.
- ▶ The ball has to cover a minimum distance and the mark has to be taken in the restricted area for the kick to count.
- ▶ The process is then repeated from the opposite end with all pairs again starting at the same time.
- ▶ The competition continues for a set time, e.g. 5 minutes, with the winners being the pair scoring the most points. If there is a tied score, a "Grand Final" can be run.

COACHING POINTS

- a. A penetrating pass has to be kicked powerfully and relatively flat, but with enough height to cover the distance and be marked. Players need to experiment to find the balance between speed and height of the flight of the ball.
- b. A common problem is kicking the ball too low, resulting in it falling short of the target.
- c. Players should be encouraged to discover whether a straight or slightly curved run-up better suits them.
- d. Questions:
 - i. What happens when there are many short kicks or chains of handballs?
 - ii. How can the outnumbered defenders organise to slow the play down or cause turnovers?
- e. Extensions:
 - i. The pairs continuously pass back and forward to each other, kicking and marking from anywhere in the 10-metre end zones. After a set time, the winners are the pair that has taken the most marks.
 - ii. The players can experiment with taking their time and concentrate on accuracy or to kick as quickly as possible emphasising speed.

