

Lock and Load Kicking

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Australian football is continually evolving and now more than ever, keeping possession of the ball when kicking is crucial. The ability to kick under a variety of situations is important.

The following kicking activities used by the Murray Bushrangers squad using a variety of kicks concentrating on making correct contact with the ball and ball flight. Some key teaching points include:

- Look at the target – lock it in – player in or moving to the area
- Try to kick the ball out of your hand, but as soon as you take the supporting hand off the ball you must focus only on the ball until after making contact – watch the a stitch in the seam
- Keep your head still when you make contact with the ball and keep it still until the kicking action is complete – should end up looking in the vicinity of your knee cap
- Do not look at the flight of the ball until action is finished, call whether the disposal is a 'hit' or 'miss' before you look up
- Keep momentum after the kick – step through the ball



With each of these activities it is important that the contact (and the process), rather than the outcome is the focus for the kicker.

The Fundamentals:

- Accomplishment of the grip and ball drop activities – stationary and dynamic
- Foot/ankle taut, toe pointed to target and knee bent through impact with ball
- Take steps after contact
- Core strength and balance to complete

Kicking Activities: these activities can be set up as a pre training

1. Shute Kicking

- Work in pairs kicking over 20m through two poles which are 1m wide
- Encourage the players to have a quick set up and then kick through poles at the other end
- This can be timed or numbers based
WATCH: <https://youtu.be/9rNJzRYfD1A>

2. Lateral or 45 Kick – Low and Fast

- Player receives a ground ball and back pedals fast – quick feet, short steps
- Coach calls Left or Right :
WATCH Right: https://youtu.be/yNYIM_xHlqI
WATCH Left: <https://youtu.be/oEKjfKo6Y2c>
- Player kicks a low, fast ball sideways or on the 45
- Can be timed or numbers based
- Extension:
 - i. Increase the number of targets – short/long
 - ii. Set up two large squares and kick to a selected team with some opposition – 4 v 3 - find the spare player

3. Weighted Kicks

- The length of kick approx. 35m to a person on lead to a box on the left, centre or right. The target boxes are good for juniors from a depth perspective and results base.
- Vary the situation for the kick:
 - i. Push back off the mark
 - ii. On the run handball receive
 - iii. Pick up off the ground
 - iv. 2nd lead – kick over the top of starting point – kick on the run – 45 to 50 m

WATCH: <https://youtu.be/qyIJIG-PLwY>
- Add pressure – from front, behind side of kicker
- Include decision making - 2 v 1 leading – pick the best option



4. Swing Inside and Go

- Coach feeds a high ball to a kicker who has moved towards on the 45
 - Kicker takes the ball, swings inside and kicks to opposite square eg if the kicker leads to the right they kick to the left box and vice versa
 - Can be timed or numbers based
- WATCH:** <https://youtu.be/dWk0tjN708M>

5. Kicking Goals

- Set out 3-5 cones about 30m from goals
- Must kick 4 in a row to move to the next cone
- Variation:
 - i. Narrow the goals with poles inside the goal posts

WATCH: <https://youtu.be/X1oFjKMcYOY>

 - ii. Set up a target between or behind the goals
 - iii. Player leads then set shot
 - iv. Player chases and tackles then set shot
- Practice the snap shot at goals:
 - i. On the run – feed a ground ball, handball receive facing goals, handball receive with back at goals
 - ii. Pressure – tackler or two coming in
 - iii. Marking contest - crumb front and centre
- iv.** Player chases/tackles then snap shot