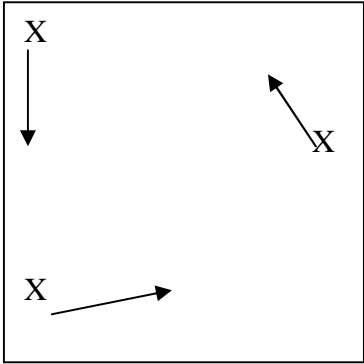
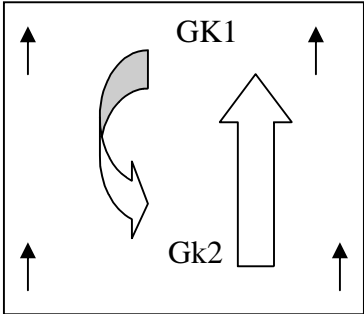
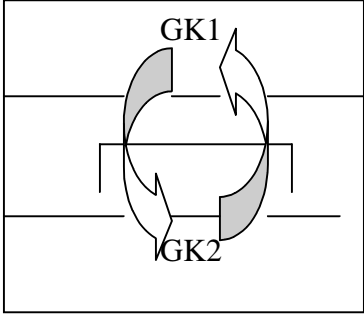
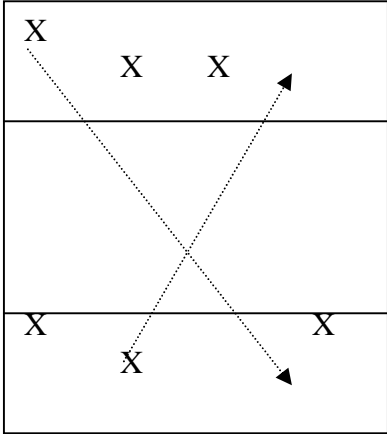


Phase & Activity	Diagram	Coaching Points
<p align="center"><b><u>Punting and Kicking</u></b></p> <p><b><u>Warm Up</u></b>  Gk have one ball each moving around area.  On command Gk :</p> <ol style="list-style-type: none"> <li>1. Bounce ball, kick with laces, catch ball</li> <li>2. Drop from hands, onto laces catch</li> <li>3. As above, but kick to other Gk</li> </ol> <p><b><u>TECHNICAL DRILLS</u></b>  (1) Two Gk's stand facing each other about 15 yards apart. Gk1 spins ball out in front so it rolls back, then kicks a precise pass in the air to Gk2.</p> <ol style="list-style-type: none"> <li>1. As above but Gk kicks ball from hands as a punt</li> <li>2. As above but receiving Gk controls ball as if a back pass, then kicks off floor</li> </ol> <p>(2) Gk's stand either side of goals or flags (lined up). Gk1 has to punt ball over target to land in Gk2's area. Gk2 catches and then returns punt, also trying to score.</p> <ol style="list-style-type: none"> <li>1. Bonus point for good contact on ball</li> <li>2. Bonus point if Gk can control ball without hands and play as if goal kick (depending on ability)</li> </ol> <p>(3) Gk's are placed in area about 25 yds apart. Gk's have to try and punt ball from one area to another and get it to bounce to score a goal. Opposing Gk's have to try to stop ball bouncing in their area by catching the ball.</p> <ol style="list-style-type: none"> <li>1. Use multiple balls</li> <li>2. Vary foot to kick with (for development, not match practice)</li> <li>3. Conditions on where ball lands (e.g. points against if it lands outside area)</li> </ol>	   	<ul style="list-style-type: none"> <li>• Encourage contact with laces</li> <li>• Focus on ball until contact is made</li> </ul> <ul style="list-style-type: none"> <li>• Approach ball from slight angle</li> <li>• Body behind ball if collecting as back pass</li> <li>• Strike through ball</li> <li>• Aim for accuracy not power in kick</li> </ul> <ul style="list-style-type: none"> <li>• Accuracy of kick</li> <li>• Head down and follow through to gain height on ball</li> <li>• Encourage use of steps before kick</li> <li>• Follow through</li> </ul> <ul style="list-style-type: none"> <li>• Correct use of technique</li> <li>• Reinforce good contact on ball with laces</li> <li>• Importance of following through on ball to ensure ball has height to clear strikers and gain distance</li> </ul>

