



**Hyundai Brisbane Lions Academy**

**Kicking Program for Junior Coaches and Players**

# Hyundai Brisbane Lions Academy – Kicking Program

- From a coaching perspective kicking technique that is taught well at an early age can prevent remediation work having to be done as a player gets older.
- Key focus points for all players and especially younger players is **GRIP, RELEASE** and **IMPACT ON FOOT**



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- “Ball Drop” and the “Foot Impact” identified as the two most important elements of kicking from a technical perspective.
- 10 people will have 10 different styles according to their physiology, parent / coach influence and their ability to develop movement / motor patterns in the early stages of learning to kick.
- There are now over 440 potential different kicks in a game from a statistical viewpoint with a range of parameters categorised by distance (long/short) direction (forwards, lateral, backwards), intent (on lead/open/one target/contest) and pressure (set/none/implied/physical)
- **SCIENCE** = posture, grip, momentum, hip, knee, ankle rotation/flexion/extension, centre of balance, weight transfer, hand-eye co-ordination, ball release, kinetic chain, decision making etc. etc.
- **ART** = grip it, drop it, kick it!

***SKILLED = effective technique that can be consistently executed under game pressures***





# The Evolution of Kicking



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## 1. BALL GRIP:

- Fingers evenly spread on side of ball, fingers towards bottom point.
- Non-preferred hand used to steady ball when moving before moving away to help body balance at ball release.
- Preferred hand used to guide ball down towards foot keeping in line with kicking leg





## 2. BALL RELEASE:

- Ball release should be at approximate height of hips
- Preferred hand should guide ball down and forward away from body
- Non-preferred hand raised to approximate shoulder height and extended away from torso to help balance body
- Non-preferred leg should be slightly bent at knee with good foot contact on ground





## 3. BALL IMPACT:

- Ball should impact foot on bottom third of lace area
- Ball position should be slightly tilted backwards towards leg with impact made on bottom  $\frac{1}{4}$  of the ball
- Kicking foot should be firmly flexed at the ankle with toes pointing down
- Non-preferred leg should be used to drive body momentum forward





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## KICKING DRILLS:

- **Balance Kick:** the balance kick activity is scaling kicking back to one of it's simplest forms with only movements being ball release, leg swing and impact on foot.
1. Balance on non-preferred leg holding ball with both hands
  2. Non-preferred hand moves up and away from body
  3. Preferred hand guides ball down towards foot
  4. Kicking leg swings back under body then forwards to meet ball
  5. Foot firmly flexed at ankle with toes pointing down
  6. Ball impact on footy at bottom 1/3 of laces
  7. Foot & leg continue to swing straight forwards after ball impact



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## KICKING DRILLS:

1. Start with feet together and ball held in both hands
2. Step forward with non-preferred leg and non-preferred hand moves up and away from body
3. Preferred hand guides ball down towards foot
4. Kicking leg swings back under body then forwards to meet ball
5. Foot firmly flexed at ankle with toes pointing down
6. Ball impact on footy at bottom 1/3 of laces
7. Foot & leg continue to swing straight forwards after ball impact and you land on kicking foot out in front of your body



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## KICKING DRILLS:

- **1 Step Kick:** progression from stationary balance kick to add body movement with single step forwards
- **Jogging Kick:** progression from 1 step kick to add more body movement with 3-4 step forwards before kicking the ball. Vary starting point (i.e.. ground ball pick up, handball receive, 180 degree turn) before kicking
- **Kicking in 3's:** kicking with 2 team mates in triangle shape. Vary starting point (see above), leading (stationary, at/away from kicker) and trajectory (flat, weighted to advantage, high & long)
- **1,2,3 Kicking:** pictured right = kicking drill practicing lateral, 45degree and long straight kick

