

# SKILLS SESSION

## KANGA'S PRE-SEASON TRAINING GUIDE

### KICKING - BEGINNER DRILLS

#### COMMON PROBLEMS:

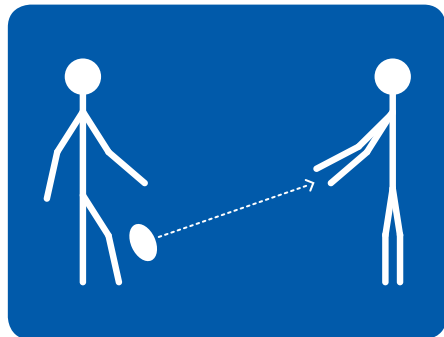
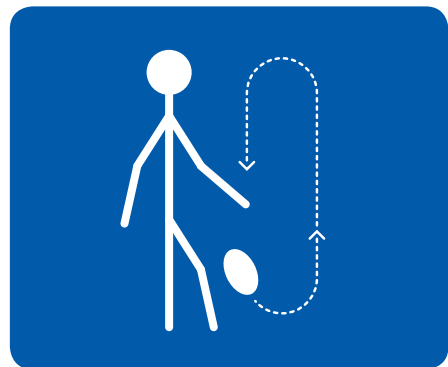
- Incorrect ball guidance such as using two hands or slamming the ball onto the kicking leg
- Incorrect follow-through of kicking leg (kicking across the body)
- Toes point up at the sky rather than towards target
- Leaning back on the kick rather than forward over the ball

#### PRACTISING ALONE - KICK TO SELF:

- Aim for the ball to hit the lower laces of your boot
- Practice guiding the ball with one hand, pointing toes towards target and spreading fingers evenly along each side of the ball (with thumbs extending to the lacing)

#### DRILL PASSED - MOVE ONTO NEXT DRILL:

- 20 kicks to self



#### PRACTISING WITH A PARTNER - STATIONARY KICK TO KICK:

- Stand 10 meters from your partner
- Take one step towards partner then kick
- Try kicking the ball so that your partner can mark it without moving
- Practice guiding the ball with one hand, pointing toes towards target and spreading fingers evenly along each side of the ball (with thumbs extending to the lacing)

#### DRILL PASSED - MOVE ONTO NEXT DRILL:

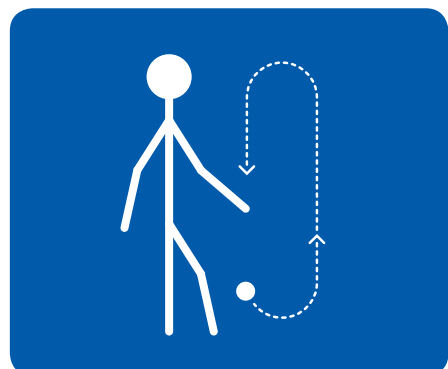
- 10 successful kicks to partner

#### MIX IT UP - KICKING WITH A SMALLER BALL:

- Find a smaller ball, a tennis ball will work
- Practice guiding the tennis ball onto your kicking foot with one hand
- Aim for the tennis ball to hit the bottom lace of your boot
- Make sure to point your toe towards your target
- If the tennis ball heads straight to its target
- It will be a good indicator that you are guiding the ball down onto your foot correctly

#### DRILL PASSED - MOVE ONTO NEXT DRILL:

- 10 successful kicks to target



# SKILLS SESSION

## KANGA'S PRE-SEASON TRAINING GUIDE

### KICKING - INTERMEDIATE DRILLS

#### COMMON PROBLEMS:

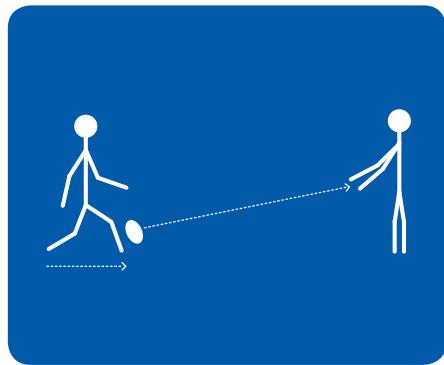
- Incorrect ball guidance such as using two hands or slamming the ball onto the kicking leg
- Incorrect follow-through of kicking leg (kicking across the body)
- Toes point up at the sky rather than towards target
- Leaning back on the kick rather than forward over the ball

#### PRACTISING ALONE - SITTING KICK TO SELF:

- Find a bench, seat or ledge to sit on.
- Hold ball in guiding hand
- Guide ball down onto kicking foot
- Kick the ball up to your chest and catch
- This drill is great for practicing guiding the ball down with one hand
- It is also an effective way to practice kicking with your opposite foot

#### DRILL PASSED - MOVE ONTO NEXT DRILL:

- 10 kicks to self (dominant foot)  10 kicks to self (opposite foot)



#### PRACTICING WITH A PARTNER - RUNNING KICK TO KICK:

- Stand 20 meters from your partner
- Take a few steps back away from your partner.
- Jog/Run towards them and kick on the move.
- Try kicking the ball so that your partner can mark it without moving
- Practice guiding the ball with one hand, pointing toes towards target, steadying your body before you kick and following through straight towards your partner

#### DRILL PASSED - MOVE ONTO NEXT DRILL:

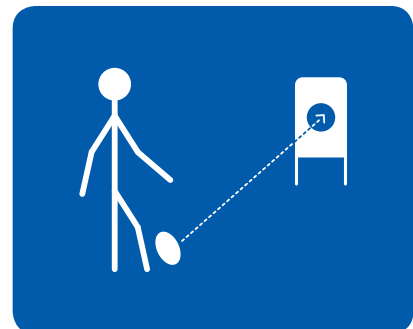
- 10 successful kicks to partner

#### MIX IT UP - KICKING OFF ONE FOOT:

- Stand on your opposite foot.
- Pick out a target to aim for
- While balancing on one foot try kicking the football at your target with your dominant foot
- Practice steadying your body, lining up with your target and following straight through your kick

#### DRILL PASSED - MOVE ONTO NEXT DRILL:

- 10 successful kicks to target



# SKILLS SESSION

## KANGA'S PRE-SEASON TRAINING GUIDE

### KICKING - ADVANCE DRILLS

#### COMMON PROBLEMS:

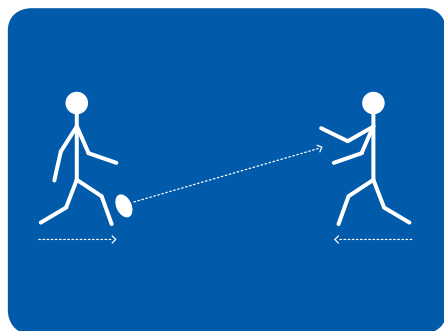
- Incorrect ball guidance such as using two hands or slamming the ball onto the kicking leg
- Incorrect follow-through of kicking leg (kicking across the body)
- Toes point up at the sky rather than towards target
- Leaning back on the kick rather than forward over the ball

#### PRACTISING ALONE - BOMB THE BIN:

- Find an empty bin, bucket or box
- Stand 15 to 20 meters away
- Try to kick the ball into a bin or box
- Allow yourself 5 kicks per game
- 5 points for hitting the target
- 10 points for getting the ball in
- Practice guiding the ball with one hand, pointing toes towards target and steadying your body before you kick
- 5 points - need more work
- 10 points: On the right track
- 15 points: Kicking like 'Kanga'
- 20+ points: You're a True Roo

#### DRILL PASSED - MOVE ONTO NEXT DRILL:

- 15+ points scored



#### PRACTISING WITH A PARTNER - RUNNING KICK TO MOVING TARGET:

- Stand 20 meters apart
- Take a few steps back away from your partner
- Get your partner to make a lead
- Jog/Run towards them and kick on the move
- Try kicking the ball into the path of your partner so they can mark it while they are moving
- Practice kicking the ball to the space your partner is moving to

#### DRILL PASSED - MOVE ONTO NEXT DRILL:

- 10 successful kicks to partner

#### MIX IT UP - COMBINE KICKING TEST:

- Set up 2 to 6 targets (half on the left side and half on the right)
- Place a marker in the centre of the targets about 20 meters away
- Run around marker and then turn to face your targets
- As you turn pick out one of the targets and kick
- Practice guiding the ball with one hand, pointing toes, steadying your body before you kick and following through straight towards the target
- Have 5 Attempts:
- 5 points for a proper drop punt
- 10 points for landing the ball near the target
- 15 points for hitting the target

#### DRILL PASSED - You are now a Kanga kicking champion: 40+ points

