

Skills Session

KANGA'S PRE-SEASON TRAINING GUIDE

SPOILING - BEGINNER DRILLS

COMMON PROBLEMS:

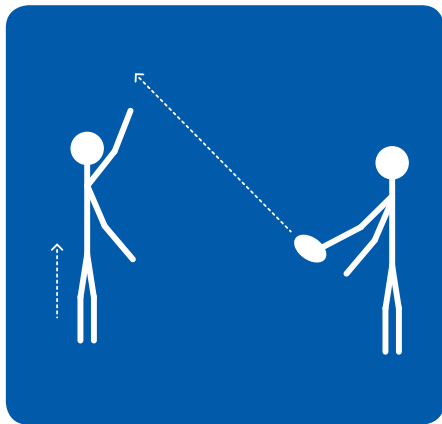
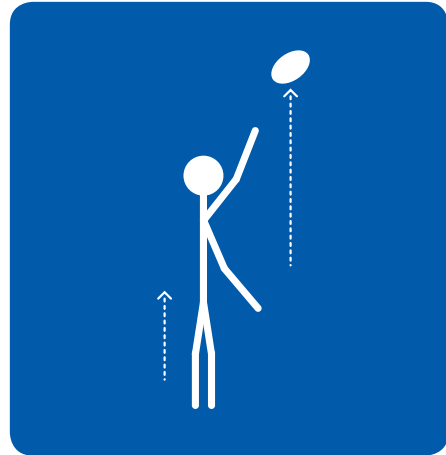
- Incorrect technique resulting in free kick.
- Misdirecting the ball
- Incorrect body positioning

PRACTICING ALONE - HANDBALL TO SELF:

- Handpass the ball into the air
- As it begins to come back down leap up and spoil it
- Pick out a target to aim for to practice spoiling away from opposition goals
- Try to hit the ball at its highest point

DRILL PASSED - MOVE ONTO NEXT DRILL:

- 10 Spoils



PRACTICING WITH A FRIEND - THROW UP AND SPOIL:

- Get your partner to throw the ball up into the air
- As it comes back down, spoil the ball back towards your partner
- Make sure your partner is calling your name
- This will help you practice hitting the ball to safe areas on the field.
- To change things up, get your partner to throw it up above their head and try to mark it
- As they try to mark it, come over the top and spoil the ball

DRILL PASSED - MOVE ONTO NEXT DRILL:

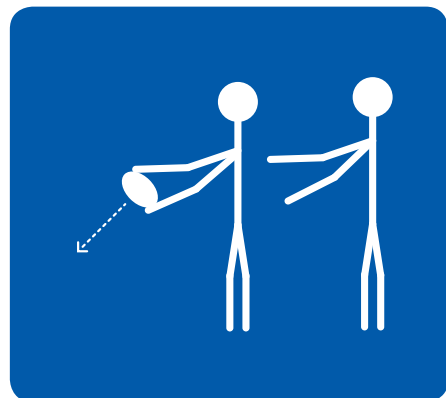
- 10 Spoils
- 10 Spoils to partner
- 10 Spoils over partner

MIX IT UP - KNOCK AWAY:

- This is a fun game to play against a friend
- Get your partner to hold the ball out stretched in their arms with their back to you.
- Your objective is to knock the ball out of their hands without giving away a free kick.
- Your partner may move their arms side to side but cannot run away.
- See how many times you can hit the ball in 1 minute
- Swap over and see if your partner can beat your score

DRILL PASSED - MOVE ONTO NEXT DRILL:

- Out scored your partner



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SPOILING - INTERMEDIATE DRILLS

COMMON PROBLEMS:

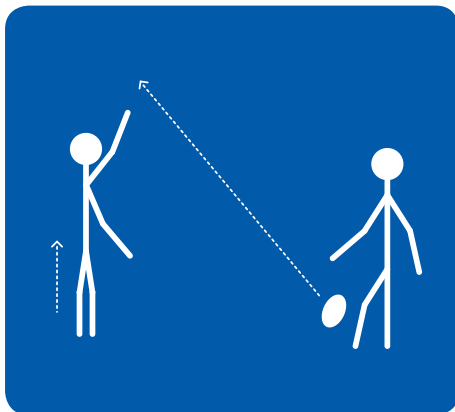
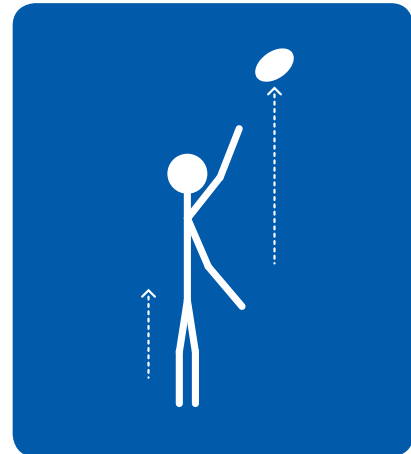
- Incorrect technique resulting in free kick.
- Misdirecting the ball
- Incorrect body positioning

PRACTICING ALONE – KICK AND SPOIL:

- Kick the ball into the air
- As it begins to come back down leap up and spoil it
- Pick out a target to aim for to practice spoiling away from opposition goals
- Try to hit the ball at its highest Point

DRILL PASSED - MOVE ONTO NEXT DRILL:

- 10 Spoils



PRACTICING WITH A FRIEND – KICK UP AND SPOIL:

- Get your partner to kick the ball up into the air
- As it comes back down, spoil the ball back towards your partner
- Make sure your partner is calling your name
- This will help you practice hitting the ball to safe areas on the field.
- To change things up, get your partner to kick it up above their head and try to mark it
- As they try to mark it, come over the top and spoil the ball

DRILL PASSED - MOVE ONTO NEXT DRILL:

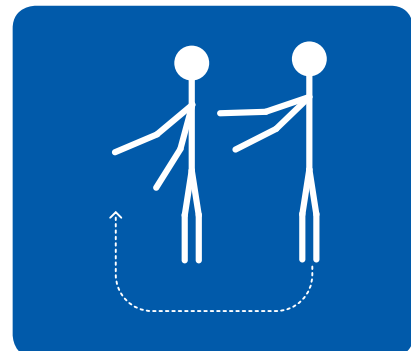
- 10spoils
- 10 spoils to partner
- 10 over to partner

MIX IT UP – POSITIONING PRACTICE:

- Without the footy, practice getting your body in front of your partner
- Begin behind and wrestle your way to the front position
- If you are unable to get to the front make sure you force your partner wide

DRILL PASSED - MOVE ONTO NEXT DRILL:

- 10 front positions gained
- 10 front positions gained without giving away a free kick



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SPOILING - ADVANCE DRILLS

COMMON PROBLEMS:

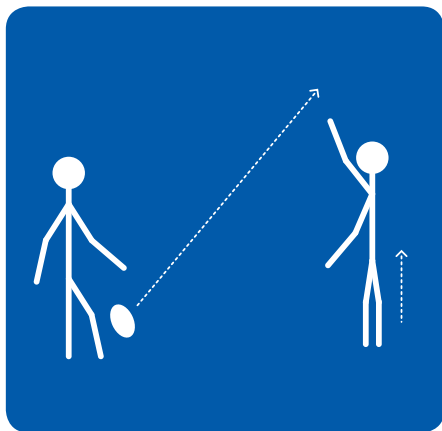
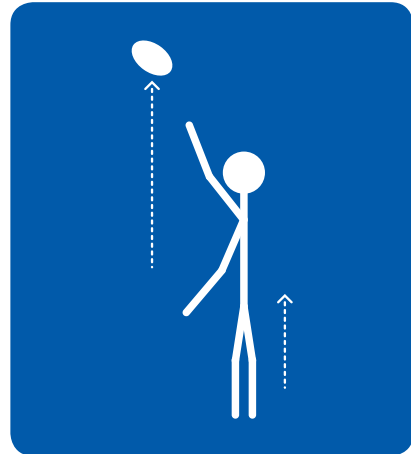
- Incorrect technique resulting in free kick.
- Misdirecting the ball
- Incorrect body positioning

PRACTICING ALONE - OPPOSITE HAND KICK AND SPOIL:

- The best defenders are able to spoil the ball with either hand
- By using their opposite hand they allow themselves an opportunity to spoil an opponent from any direction
- Kick the ball into the air
- As it begins to come back down leap up and spoil it with your opposite hand
- Pick out a target to aim for to practice spoiling away from opposition goals

DRILL PASSED - MOVE ONTO NEXT DRILL:

- 10 Spoils



PRACTICING WITH A FRIEND - OPPOSITE HAND KICK AND SPOIL:

- Get your partner to kick the ball up into the air
- As it comes back down, spoil the ball back towards your partner with your opposite hand
- Make sure your partner is calling your name
- This will help you practice hitting the ball to safe areas on the field.
- To change things up, get your partner to kick it up above their head and try to mark it
- As they try to mark it, come over the top and spoil the ball

DRILL PASSED - MOVE ONTO NEXT DRILL:

- 10 spoils
- 10 spoils to partner
- 10 spoils over partner

MIX IT UP – SPOILING ON THE LEAD:

- This drill will need a third person to act as the kicker
- One of the three must make a lead
- The kicker will kick the ball into the path of the person leading.
- The designated spoiler must try and stop the leading player from taking the mark.

DRILL PASSED - YOU ARE NOW A CHAMPION DEFENDER:

- 10 spoils right hand
- 10 spoils left hand
- 10 spoils in a row without giving away a free kick

