



Laurimar Football Club

AusKick Program

Training Drill Information Sheet



DRILL SET #1

Drill Name: Goal Kicking

Drill: Each child has their own ball and, one at a time, they kick the ball towards the goal. Once of the coaches helps the child kick the ball properly, whilst the other coach watches to see if they kick a goal or a behind – they should try and mark the ball so they can handball it back to the child. The child then runs back to the end of the group.

Objective:

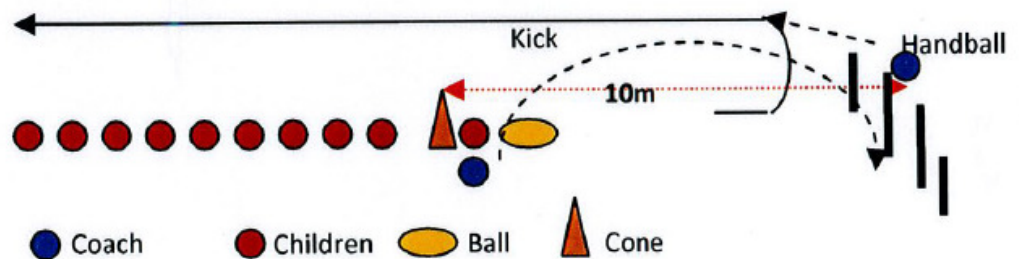
- Teach the child to kick the ball
- Teach the child to run after the ball
- Teach the child to receive a handball

No. Helpers: 2 x Coaches

Resources:

- 10 x Balls (1 per child)
- 1 x Cone
- Goal Posts

Drill Setup:



Teaching Points:

- Keep your head over the ball when kicking
- Hold the ball straight with your hands in front
- Run after the ball as soon as you've kicked it
- Hold the ball tightly when running
- Run fast back to the end of the line
- Encourage your team mates
- Child received the ball from the coach and goes to the back of the line if the kick goes astray