



# Laurimar Football Club

## AusKick Program

Training Drill Information Sheet



### DRILL SET #1

**Drill Name:** Pick Up & Kick

**Drill:** The children are split into groups, five on each cone. The coach rolls the ball on the ground to one cone; the child picks up the ball and kicks it to the other cone, then runs to the end of the other group. The child on the receiving cone marks the ball, handballs it to the coach and then goes to the back of the line on the other group.

**Objective:**

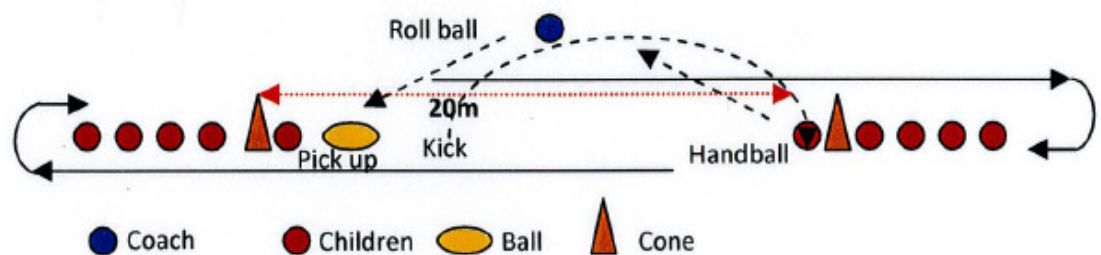
- Teach the child to handball the ball
- Teach the child to catch the ball

**No. Helpers:** 1 x Coach

**Resources:**

- 1 x Ball
- 2 x Cones

**Drill Setup:**



**Teaching Points:**

- Keep your eye on the ball as it rolls towards you
- Pick it up with both hands in front of you
- Kick the ball to your team mate
- Keep your eye on the ball as its coming towards you
- Mark the ball with both hands
- Try to handball with both hands
- Encourage your team mates
- Child retrieves their own ball and goes to the back of the line if the handball goes astray