



# Laurimar Football Club

## AusKick Program

Training Drill Information Sheet



### DRILL SET #4

**Drill Name:** Mark on the run

**Drill:** The coach stands on one cone and the children stand in pairs on the other cone. The children run out in pairs and the coach throws (spinning backwards) the ball towards one child. The child marks the ball then handballs it to their other team mate. The 2<sup>nd</sup> child then handballs it to the coach and both children run round the back of the couch and back to the end of the line.

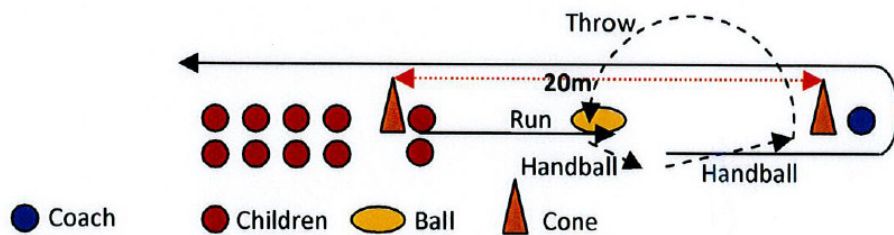
**Objective:**

- Teach the child to mark the ball
- Teach the child to handball the ball whilst moving

**No. Helpers:** 1 x Coach

**Resources:** 1 x Ball  
2x Cones

**Drill Setup:**



**Teaching Points:**

- Keep your eye on the ball as it is coming towards you
- Keep your hands out in front of you when catching the ball
- Hold the ball tightly when running
- Keep your eye on the player / coach when handballing
- Run fast round the coach and back to the end of the line
- Encourage your team mates
- Child retrieves their own ball and goes to the back of the line if the kick goes astray