LEVEL 1

PUNT KICK II - PARTNER KICK

FOOTBALL

EQUIPMENT LIST

- Cones
- Football

This is a basic drill to practice the Punt kick technique

Organisation

- Divide the group into pairs; one ball per pair
- Mark out a channel for each pair through which the ball must pass
- Beginning approx 10m apart each player in turn punt kicks the ball to their partner
- Encourage the players to practice Punt Kicking with both left and right feet

STEP Variation

Space - As the players become more competent increase the distance the players are required to kick the ball

Notes