LEVEL 2

PUNT KICK II - ALONG THE LINE

FOOTBALL

EQUIPMENT LIST

Cones

Football

This is an intermediate drill to practice the punt kick technique

Organisation

- Mark out 4 cones in a line each approx 20m apart
- One player is positioned at each cone
- The ball is punt kicked from player to player over and back across the line
- Initially the kicker kicks from a stationary position to the receiver who is moving towards the ball
- Adapt the drill by requiring the kicker to pass the ball while moving
- After a set period of time rotate the outside players with the inside players

STEP Variation

Players at beginning - To increase the difficulty of the drill further introduce an opponent for each player to provide token opposition

Notes