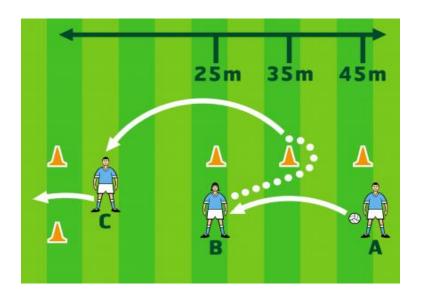






PUNT KICK II - TARGET MAN FOOTBALL





EQU	IPME	ENT	LIST

<u> </u>	Cones
	Football

This is a game play drill to develop the punt kick technique which requires the players to pass the ball to a moving target

Organisation

- Mark an attacking zone between the goal and the 13m line.
- Place a cone at approximately 25, 35 and 45 metres from goal
- Player A at the 45m line kick passes the ball for Player B at the 25 metre line to attack and receive, before turning around the 35 meter cone and punt kicking a pass to Player C, the 'Target Man', in the attacking zone
- Player C should make a run within the attacking zone and call for the ball

STEP Variation

Players - To progress the drill include a defending player to shadow Player C increasing the difficulty of making a successful pass

Notes			