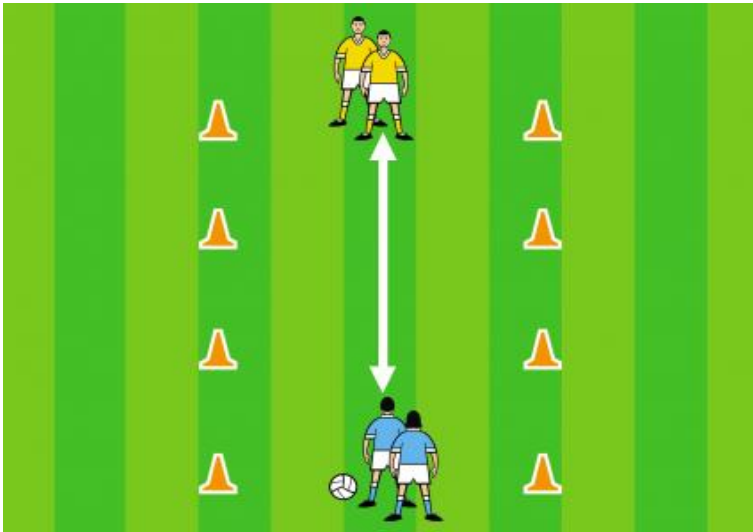


LEVEL 2

THE PUNT KICK - DOWN THE LINE

— FOOTBALL



This is an intermediate drill to practice the Punt Kick designed to improve the players ability to kick with accuracy

Organisation

- Mark out a channel approximately 10 to 15m long and 2m wide for each group
- Two players line up at each end of the channel
- Each player in turn moves forward and punt kicks the ball to the next player at the far end of the channel
- After kicking the ball the player moves out of the channel and follows on to line up at the far end
- Allow the players to move as far along the channel as necessary to kick the ball accurately

STEP Variation

Space - Challenge the players to kick from a greater distance as their accuracy improves

EQUIPMENT LIST

- Cones
- Football

Notes
