

Lesson Plan 5 – Secondary – Kicking on the run

You will need: Footies - 1 between 2, small cones

Summary: In this lesson we will develop our kicking whilst running.

Tips:

1. Students should try to run in a direct line with where they are kicking
2. Slow down & steady just before you kick
3. Use this link for more skill teaching points

<http://aflcommunityclub.com.au/index.php?id=576>

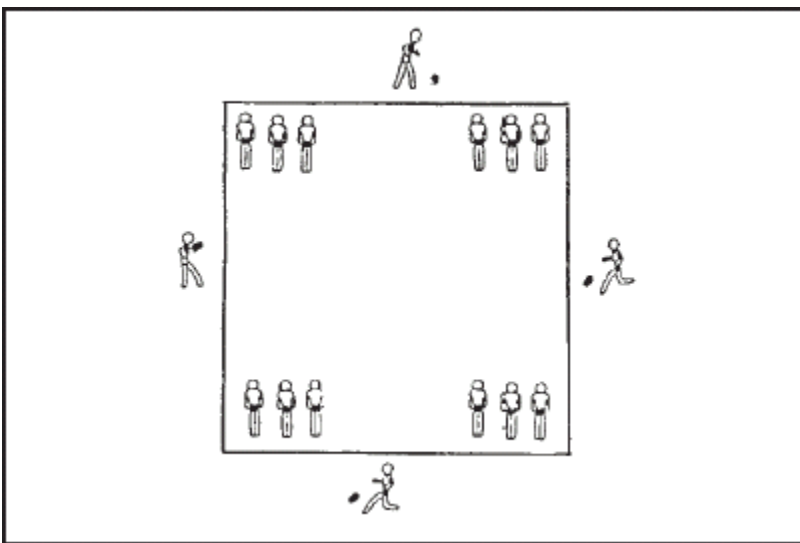
Skills: Kicking on the run. Skills – Kicking, marking Groups of 5. 10 mins.

3 students stand in line at one end, with the other 2 standing in line facing them at an appropriate distance. Student runs off line about 10 yards before kicking to student 2 who does the same back to student 3 and so on. Encourage students not to stop before kicking, but to kick while on the run. After kicking the ball, students run through to end of other line.



Square relay. Groups of 12 or more Skills – Kicking, marking 10 mins.

Four groups line up on the inside of a square. First runner stands on outside of corner marker. Each runner runs and kicks to player at front of next group. Encourage students to “follow up” kick and help recipient to gather ball before going to rear of group they have just delivered to. Balls continue around square with next student.



Ausball game remainder of lesson. Encourage students to kick on the run.