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Lesson Plan 7 – Secondary – Goal Kicking

In this lesson, we will concentrate on the methods used when kicking for goal.

Tip: Use this link for more in depth instruction, <http://aflcommunityclub.com.au/index.php?id=209>

Skills: Goal kicking instruction 5 mins.

- When lining up for a shot at goal, make sure that you give yourself enough room to kick over the man on the mark.
- Do not aim at the two goal posts, but rather aim at a center target though the goals (like a tree in the background). Also allow for any drift that a cross wind may cause.
- As you approach for the kick, slowly increase your momentum.
- Kick through the ball, making sure to kick to the target you have picked out in the center of the goal.

Skill Drill Shots at goal 15 mins

Sets students up in pairs. Divide your students up in half and send to goals at either end of the field. Half of these students will go into the goals while the other half spread out with their partners, kicking distance from goal. One student stands on the mark while the other one has a shot at goal. Players in the goals kick the ball out to the pairs, who swap over roles. All the pairs can be having shots at goal at once and can spread out, varying distances and angles.

Swap goalkickers with players in goals and continue.

Ausball Game: Remainder of lesson. Now may be an appropriate time to consider introducing the touch rule.

Touch: If you feel your students have mastered the game well enough so far, you may want to consider adding a touch rule. With this rule, as soon as a player with the ball is touched by an opposition player, their 3 seconds are voided and they must dispose of the ball immediately. Delay in doing this will result in a free kick being awarded to the opposing player.

If a mark has been taken (remember, a mark only applies if the ball is caught from a kick), the touch rule does not apply unless the player who took the mark decides to play on. If they decide to go back & take their kick, they have as long as they like (within reason) to dispose of the ball.