



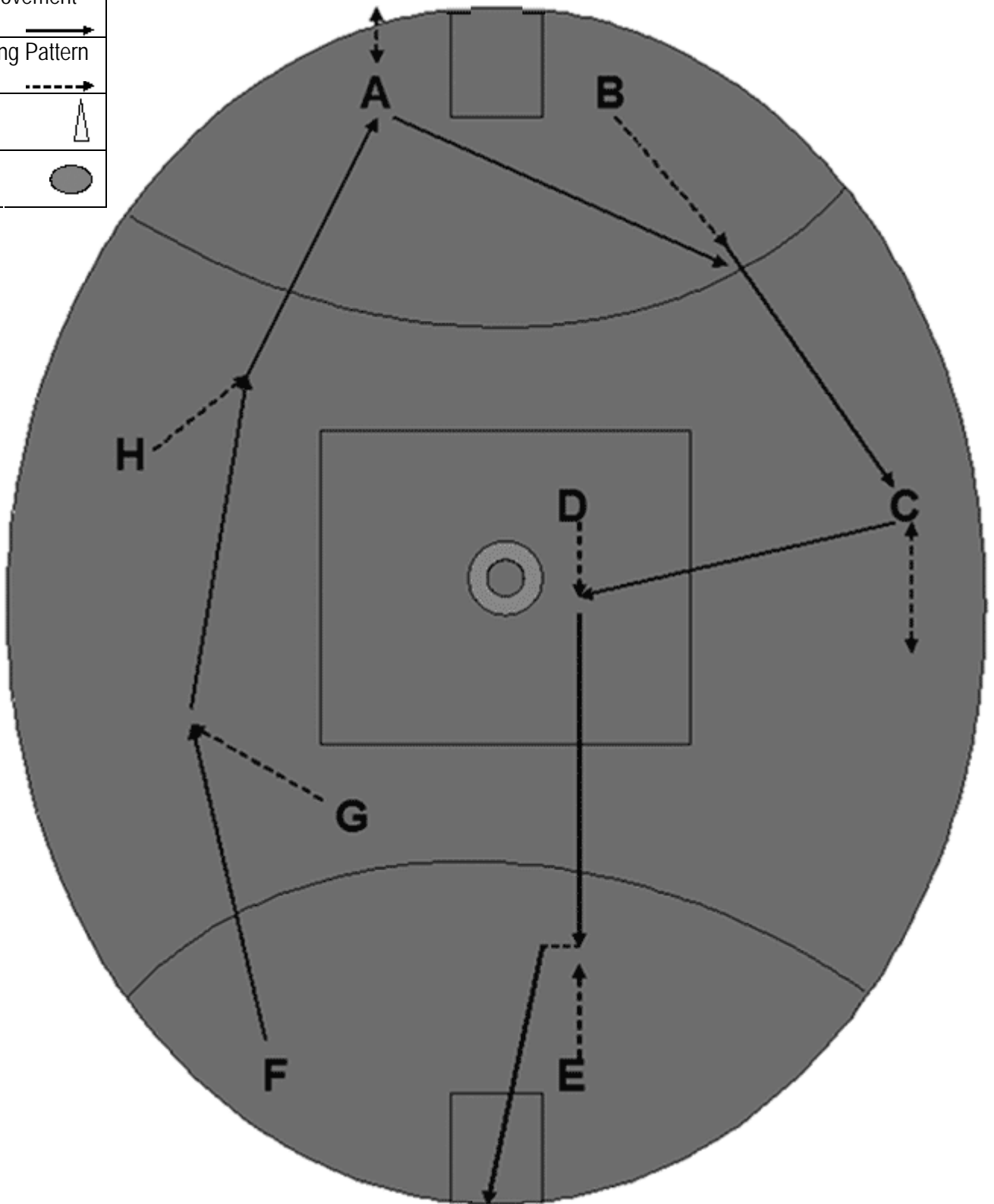


DRILL - CUE KICKING

Ball Movement	
Running Pattern	
Cone	
Ball	



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DRILL - CUE KICKING

What It Is

This is a kicking drill that replicates various kicks during a game of football. Players practice kicking at varying angles, such as directly at the leading player, or out in front of a player leading away from the kicker.

How It Works

1. This drill should have at least two balls in play at any one time, but the numbers can be increased to lift the tempo of the drill.
2. Player A marks the ball and pushes backwards off the mark, before running off and switching the play, by kicking out in front of player B, who is leading away from goal.
3. Player B carries the ball and kicks out to player C on the wing. He pushes back and squares the ball into the corridor, kicking out in front of player D.
4. Player D carries the ball and kicks long to player E, who leads directly at him. Player E marks and plays on, swinging around into corridor and having a running shot on goal.
5. A second ball starts at player F, who kicks long and out in front of player G, leading away from the kicker and towards the boundary. Player F marks and plays on, kicking out in front of player H who is leading into the corridor.
6. Player H marks and plays on, kicking to leading player A.
7. The drill then repeats.

Tips

Have the drill done with high intensity, replicating game speed, which will improve a player's ability to kick the ball to a position at top pace.

This drill can be varied, by making it shorter or having players set up in different positions on the ground.

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