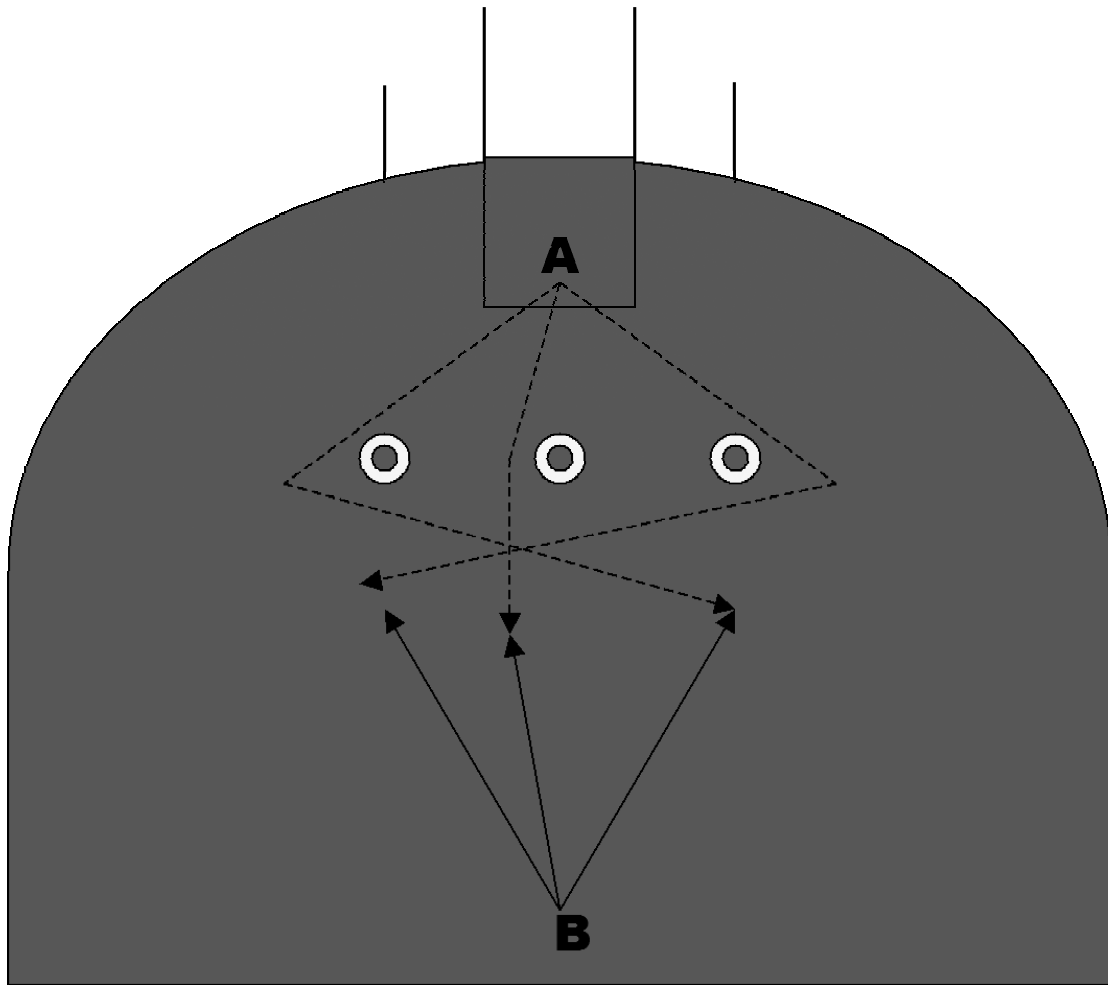


# DRILL – CUT AND LEAD ON ANGLE



## What It Is

This drill is a warm up drill designed to practice leading correctly and kicking to a moving target. It teaches players to lead correctly and not be one-dimensional. It also teaches the kicker to weight the kick properly and position the ball out in front of the leading player.

## How It Works

1. Set up 3 cones out in front of the goal square, approximately 5 metres apart.
2. Start a group of players in the goal square and have a kicking group about 50 metres away.
3. The first player, (player A), leads out of the goal square and chooses one of the three cones to lead around.
4. If he chooses an outside cone, he runs around it, then cuts back across the oval, and receives the kick out in front in the opposite direction. If the player chooses the middle cone, he can lead at any angle, or go straight up the corridor.
5. Ensure the players change the lead each time, choosing a different cone to run around.
6. The kicker, (player B), must hold onto the ball, until the leading player is in the correct position.

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