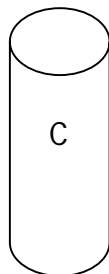
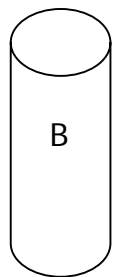
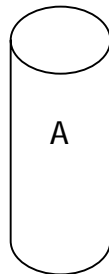
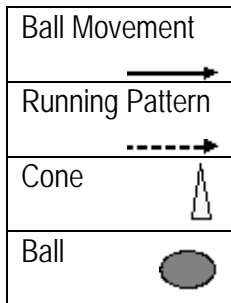


DRILL – KURTS TACKLE AND HIT DRILL



→
Kick to leading player

What It Is

This is a great fitness drill that also works on your players' kicking skills under pressure.

How It Works

1. The player starts on the ground in the push up position, in the middle of the tackle bags. The coach is located a distance behind the player and holds the ball.
2. The player listens for a call of A, B or C, then lays a tackle or bump on each bag as directed by the coach.
3. After 6 or 7 tackles, the coach calls "kick" and rolls the ball along the ground towards the player.
4. The player then attacks the ball up, picks it up on the run, and kicks over 35 metres to a leading player.
5. If the kick fails to hit the target, the player must do some more work on bags.
6. The player who has worked the bags then becomes the leading player.
7. Have 2 players set up to lead and 3 players/assistants holding bags.

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