



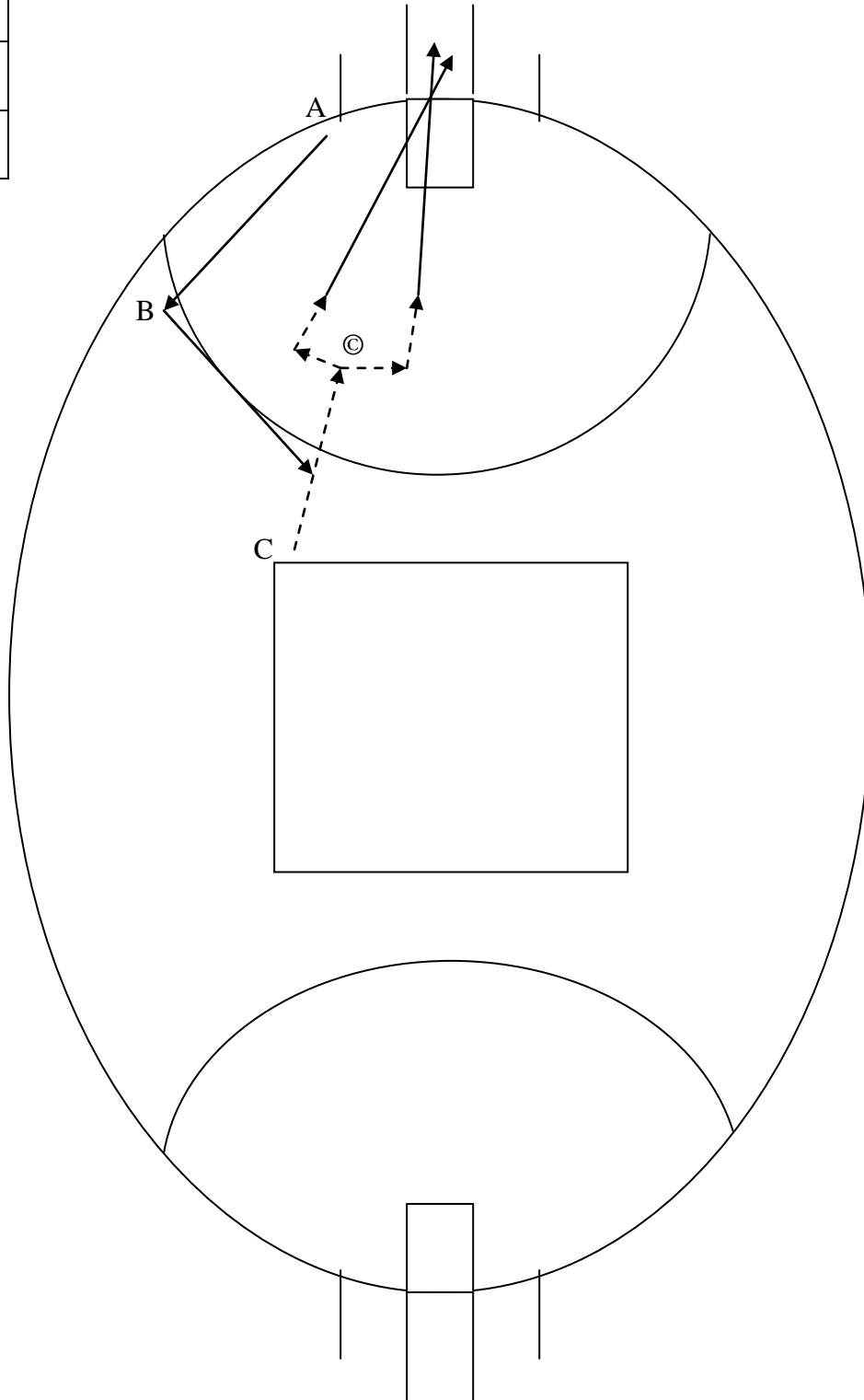


# DRILL – RUNNING GOAL KICKING

Ball Movement	
Running Pattern	
Cone	
Ball	



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# DRILL – RUNNING GOAL KICKING

## What It Is

This is a goal kicking drill that allows players to practice their running kicking at goal while under game-simulated pressure. At the time of publishing this drill, the Adelaide Crows regularly performed this drill during their pre-game warm ups.

## How It Works

1. Player A starts the drill near the point post and kicks a long ball to Player B positioned about 10 meters in from the boundary line.
2. Player B then kicks to leading Player C, who is running towards the goals.
3. After marking the ball, Player C then plays on, runs around the coach and kicks a running goal.
4. The coach is positioned about 40 meters from goal and puts pressure on Player C as he runs and kicks.
5. Each player in the drill then follows their kick with Player A moving to B, Player B moving to C and Player C moving to A. The ball then gets recycled and the drill starts again.
6. Tip: A second group can also perform the same drill simultaneously on the opposite side of the forward 50.

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