

Kick to keep

This drill uses kick, mark, leads, space to succeed.

During the drill, players will learn the importance of executing a good kick to enable their team-mate a chance to mark the ball.

Players on the attacking team but do not have possession will learn how to identify space, lead into the space and providing multiple leads to the kicker. Players on the defending team will learn how to track and follow an opposition player, timing of a spoil, and reading the play.

- Two teams. Ideally 4-6 players per team.
- Useable space can vary. Ideally half a ground.
- One football is used.
- One team tries to achieve a certain number of kick/marks in a row (Usually 4 or 5). If this is achieved the team receives a point.
- Once a point is achieved, the ball is placed on the ground and the opposition take possession.
- A turnover occurs if the ball hits the ground or the opposition marks the ball.

