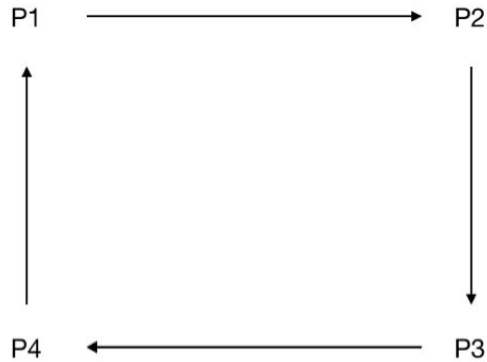


SQUARE KICKING



P1 kicks to P2, P2 kicks to P3, P3 kicks to P4, P4 kicks to P1 - This Cycle continues

The kicker pushes back off the mark and turns to kick to leading player. Player marks, pushes back and then turns and kicks to leading player. This process repeats itself.

Variations

Add 5th player who is on the mark. Each player then follows their kick and goes on the mark to add pressure. Increased work rate.

Teaching Points

Push back off the mark, facing the target, controlled ball drop, balance, leg swing, practice kicking on both left & right foot