



SET SHOT ON GOAL

The Basics

- Identify the Mark from the Umpire.
- Give yourself plenty of room – **GET BACK QUICKLY.**
- Don't get too close to the Man On The Mark. Step out 5 paces from Mark and scratch a Kicking Point. Then pace your Run Up, back from the Kicking Point.



Routine

- Develop your own Routine every time you have a set shot.
- Know how long your Run Up is. (How many steps?)



- Be aware of:

1. **Fatigue** – *Hard Running, Multiple Efforts can affect kicking distance and accuracy. Take the time to settle and get your breath back. Focus on the Target and then the Football.*
2. **Match Situation** – *What Quarter is it? Are we in front or behind? How long is there to go? Do I kick the ball out of the park or just through the goals to get it back quickly as possible for another chance to score. Can I kick the same distance in the 4th Quarter as I did in the 1st Quarter?*
3. **Weather** – *Is it windy? Which way is it blowing? Is it raining? Is the ball heavy and water-logged? Is it hot and are your energy levels lower than normal due to lost fluid?*

- Take big, **Deep Breaths.**
- Relax and Focus.
- Pick a target behind the goals to aim at.
- Position – Head and Body in line with Target. Hips, Torso and Shoulders face the Target. Run **STRAIGHT.**



- Gain momentum as you approach the Mark.
- Football remains steady, minimum sideways movement.
- Ball Drop – guide from shoulder height to hip height. Ideal Release.



- Counter balance with a horizontally extended Free Arm.
- Planted Foot and Toes to be pointed to the Target.



- Have a good retraction of Kicking Leg, with Heel almost touching Backside (Ideal Knee Bend) in the Back Swing.
- Kicking Foot and Toes pointing straight at the Target.



- Transfer weight on the Planted Foot from the Heel to the Ball of the Foot and the Toes.
- Kick through the Football, high and straight at Target in Follow Through
- Land on the Planted Foot after the Kick.





KICKING ON THE RUN

The Basics

- Control the Football First and Foremost.
- Get Balanced (Dynamic Balance – Balance while moving)

The Routine

- Head still, be aware of what is around you.
- Look and Listen.
- Practice Kicking off One Step (1) on Both Feet.
- Be aware of Fatigue (end of a long run), Match Situation (how much time is left) and Weather (Wind and Rain affect the travel of the ball).
- Take deep breaths during rest.
- The **Planted Foot** to be pointed to the Target.
- Guide the Football, drop it as low as possible.
- Counter balance with the horizontally extended Free Arm.
- Hips, Torso and Shoulders parallel to the Target.
- Knee of the Planted Foot to be slightly bent.
- Transfer weight on the Planted Foot from the Heel to the Ball of the Foot and the Toes.
- Land on the Kicking after the Kick.
- Hit your Target in front, so they don't have to stop or so they can run on to the Football at speed.