

KICK TENNIS

CORE SKILLS | KICKING



7 - WARM UP CARD

AIM

To raise the heart rate and prepare the body and mind for exercise. To practice grubber kicks and retrieving the ball

ORGANISATION

Set up a 20m x 20m grid with a 1m no-go area in the middle

EQUIPMENT

Balls and cones

CORE SKILLS

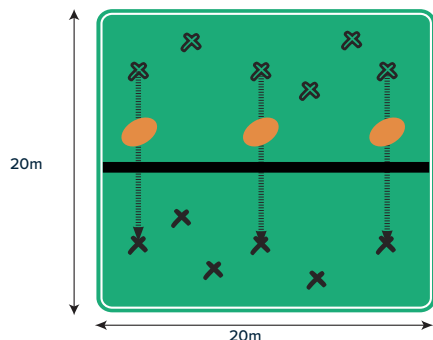
Kicking

EXPLANATION

- Play six v six
- One team kicks the ball to the other side
- Three balls are used
- There must be a minimum of two passes before the kick. The first pass must be backwards and the second pass into space
- A grubber kick must be used
- The kicking team gets a point for executing a grubber kick that clears the no-go area; an extra point is awarded if the ball finds space between the receivers and goes out of play
- Receivers are awarded points for stopping the ball going out of the grid
- If the ball lands out of the playing area, without bouncing, the receivers get a point
- If the ball does not clear the no-go area, the receivers get a point
- Play first to 11 points

VARIATIONS

- **Easier** - increase the size of the grid
- **Harder** - decrease the size of the grid
- Vary the type of kick that can be used
- Increase the number of passes to be made before the ball is kicked over to the other side
- Reward the receiving side with a point if they collect the grubber kick cleanly on or before the second bounce
- Two points are awarded if the ball is collected after the first bounce



KEY



7 - WARM UP

KICK TENNIS

10 minutes

ACTIVITY OVERVIEW



SUGGESTED TIME
10 minutes



EQUIPMENT
Balls and cones



SET UP
20m x 20m grid



CORE SKILL
Kicking

COACHING POINTS - SKILL DEVELOPMENT

- **Grubber kick** - slight lean forwards, guide ball to foot, point toe towards ground, kick top half of the ball into ground
- **Punt kick** - guide ball to foot, round of ball sits in round of foot, follow through with foot towards target

GRUBBER KICK

CORE SKILLS | GRUBBER KICK



7 - TECHNICAL CARD

AIM

To develop an accurate and effective grubber kick

ACTIVITY 1

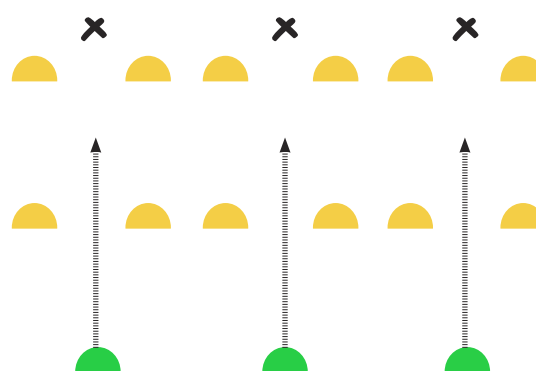
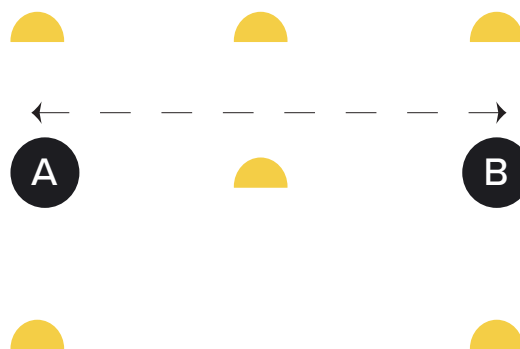
In pairs and facing each other, hold the ball as for passing and kick towards your partner. Players have two cones to make a gate and after both have successfully 'scored' through the gate, they reduce the gate size or distance between themselves

COACHING POINTS

- Slight lean forwards
- Guide ball to foot
- Point toe towards ground
- Kick top half of the ball into ground

ACTIVITY 2

- Players line up behind the green cones with a ball
- Their partner stands behind the cones at the point marked X
- Each player has to grubber kick the ball and land it between the cones
- Every time this happens a point is awarded to the kicker
- Their partner returns the ball after every kick
- First player to five points wins the game
- Players rotate positions



KEY



CONE



PLAYER



BALL



BALL DIRECTION OF TRAVEL

KEEP THE PRESSURE ON

CORE SKILL | GRUBBER KICK



7 - GAME CARD

AIM

To build pressure using a grubber kick

ORGANISATION

Set up a 40m x 30m grid

EQUIPMENT

Balls and cones

CORE SKILLS

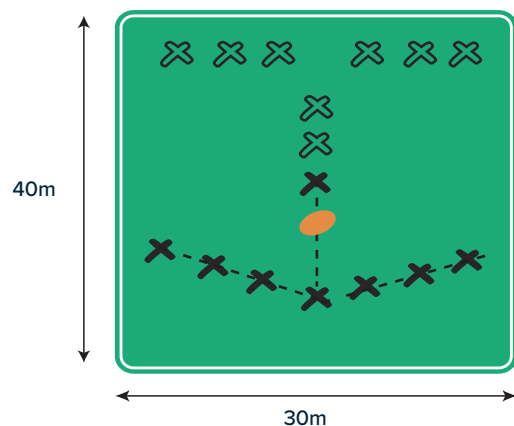
Grubber kick

EXPLANATION

- Number of players: eight in each group
- Eight attackers and eight defenders
- Attacking team start on the 30m line and attack the try line
- Attacking team have three plays
- Attacking team must execute a grubber kick on the last play
- Rotate attack and defence after each set of three plays
- Six points are awarded to the attack for them scoring off a grubber kick or forcing a back-to-back set; one point is awarded for each try scored
- The team that scores the most points wins
- Each team has a set number of plays

VARIATIONS

- **Easier (for the attackers)** — increase the size of the playing area
- **Harder (for the defenders)** — reduce the size of the playing area
- Allow kicks on any play
- Award extra points if the ball is diffused within the in goal area or the ball is retrieved within the in goal area and brought back out into the field of play
- After the three plays, continue the game, either by the defence now becoming the attack, or the defence dropping out from their try line. Continue and play out a game with six plays for each side over a given period of time
- Introduce transitions (in goal at both ends). When defenders secure possession, from turnover or kick retrieval, they become attackers



7 - GAME CARD

KEEP THE PRESSURE ON

20 minutes

ACTIVITY OVERVIEW

SUGGESTED TIME
20 minutes

EQUIPMENT
Balls and Cones

SET UP
40m x 30m grid

CORE SKILL
Grubber Kick

COACHING POINTS - SKILL DEVELOPMENT

- **Grubber kick** — slight lean forwards, guide ball to foot, point toe towards ground, kick top half of the ball into ground

QUESTIONS

- How did you decide where to kick?
- Where should the kicker be positioned?

KEY



CONE



TEAM A LEADER



TEAM B LEADER



BALL



BALL TRAVEL



PLAYER DIRECTION OF TRAVEL



NO-GO AREA



GATE



ZONE



ZONE



SHIELD

GRUBBER KICK

CORE SKILLS | TO DEVELOP AN ACCURATE, EFFECTIVE GRUBBER KICK



7 - MOVEMENT CARD

STABILITY | JUMPING AND SIDESTEPPING

SYMPTOM

Struggles to control direction and pace of ball due to instability during preparation phase

SOLUTION

Approach to the ball is stabilised by player taking smaller strides
Support leg bends slightly as contact is made with the ball

PRACTISE KICKING

Develop balance and core stability using kicking activities, focusing on balancing on one leg and kicking with the other for a sustained period of time. Kick towards a variety of targets using a range of kicking styles



OBJECT CONTROL | TRANSFERRING, DROPPING AND KICKING

SYMPTOM

Finds it difficult to make a consistent positive contact on the ball

SOLUTIONS

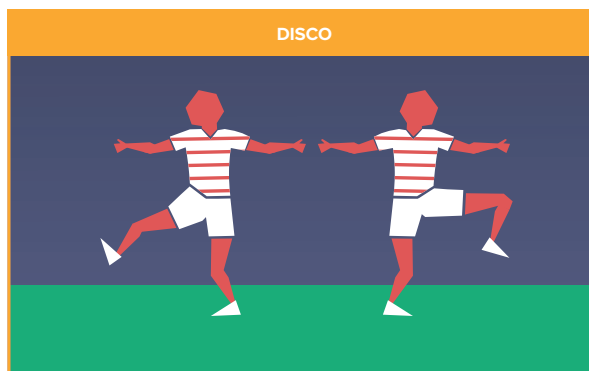
Develop kicking skills, concentrating on:

- Pointing toe to floor to allow correct shape of the foot as contact is made with the ball
- Force from kicking leg is generated from the hip

- Trunk bends at waist during follow through
For longer distance kicking, follow through is higher

PRACTICE DISCO

Move opposite foot to arm with straight or bent legs. Add a ball and try to mirror the kicking action.



LOCOMOTION | WALKING AND RUNNING

SYMPTOM

Lacks fluency when changing footwork patterns between running and evasive skills

SOLUTION

Revisit running skills from Card 4 Revisit hopping skills from Card 6

PRACTICE SPRIT PULL-THROUGH

Have upright posture
Start with right leg up, knee bent and toe up
Pull leg down forcefully so that foot contacts under the body
Recover leg and repeat

