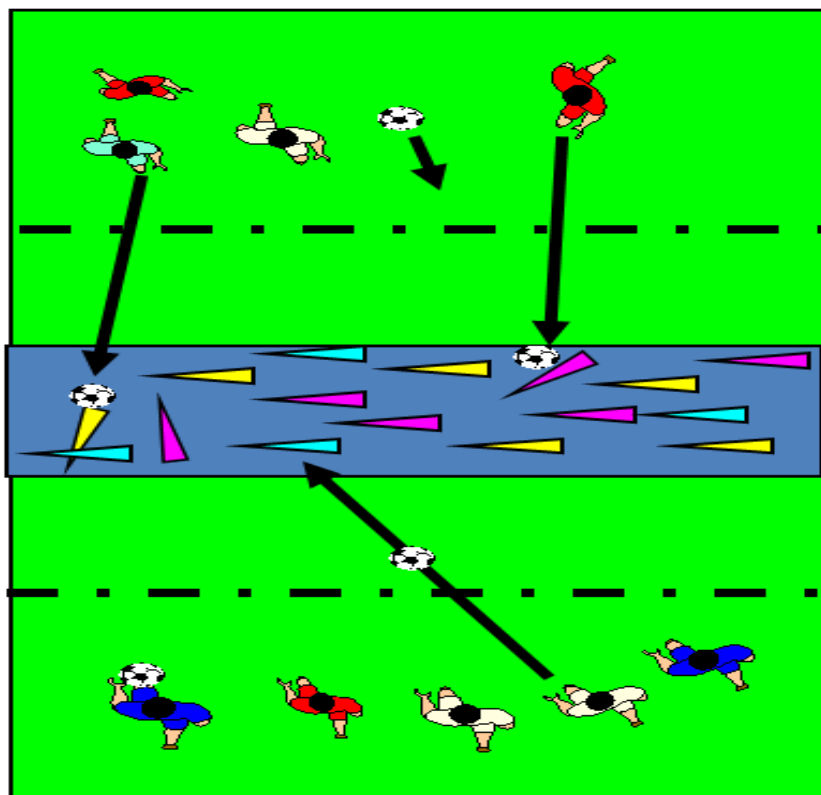




TARGET GAME 4

Game: Cone Bombardment



Focus

- To encourage the use of the 'HARD FOOT' when kicking

RULES - HOW TO PLAY

- Layout:
- 3 Teams x 3/4/5 Aside Nos. 1 to 3
- Large rectangle with 5 zones
- Place 10/15 cones in middle zone - 5m x 15m for players in two outer zones to aim at
- Leave next 2 zones 10m x 15m as No Man's Land
- 2 Teams Nos. 1 & 2 go to outer zones with 5 balls each
- Team 3 remains outside the middle zone to count and replace the knocked down cones
- Change roles after 1 min. i.e. Team 1 go to middle zone, while Team 3 go to outer zone etc.
- Use different foot after each change
- 1 point is scored for each cone knocked down in a set time

Winner: Team with most points after 3 goes



HARDER

- Make grids larger
- Smaller balls/ use hurls
- Smaller goal (cones)
- Add defenders to prevent scores
- Challenge punt kicks after ground kicks

EASIER

- Reduce amount of players/ allow to roll throw or kick from ground
- Make zones narrower
- Place more cones in target area

COACHING POINTS

HEAD

- Head up, looking for cone you hope to aim at
- Keep head down until well after kicking – Count ‘1,2’ before lifting head

HANDS

- Bring hand on kicking side out to the side to aid balance when kicking

FEET

- Use ‘Step & Kick’ technique when kicking i.e. Step non kicking foot to the side of the ball and bring other foot through the back of the ball
- Keep ‘Toe Down Heel Up’ Foot position to get the proper foot position for kicking
- Always follow through by straightening the leg after impact

EQUIPMENT

- Balls
- Cones
- Sticks/
Skittles