

# DRILL – GOOSEY GOAL KICKING DRILL

## What It Is

This is a goal kicking drill designed specifically to improve player's set shots for goal. It was provided to us by Western Bulldogs Forward coach Simon Goosey.

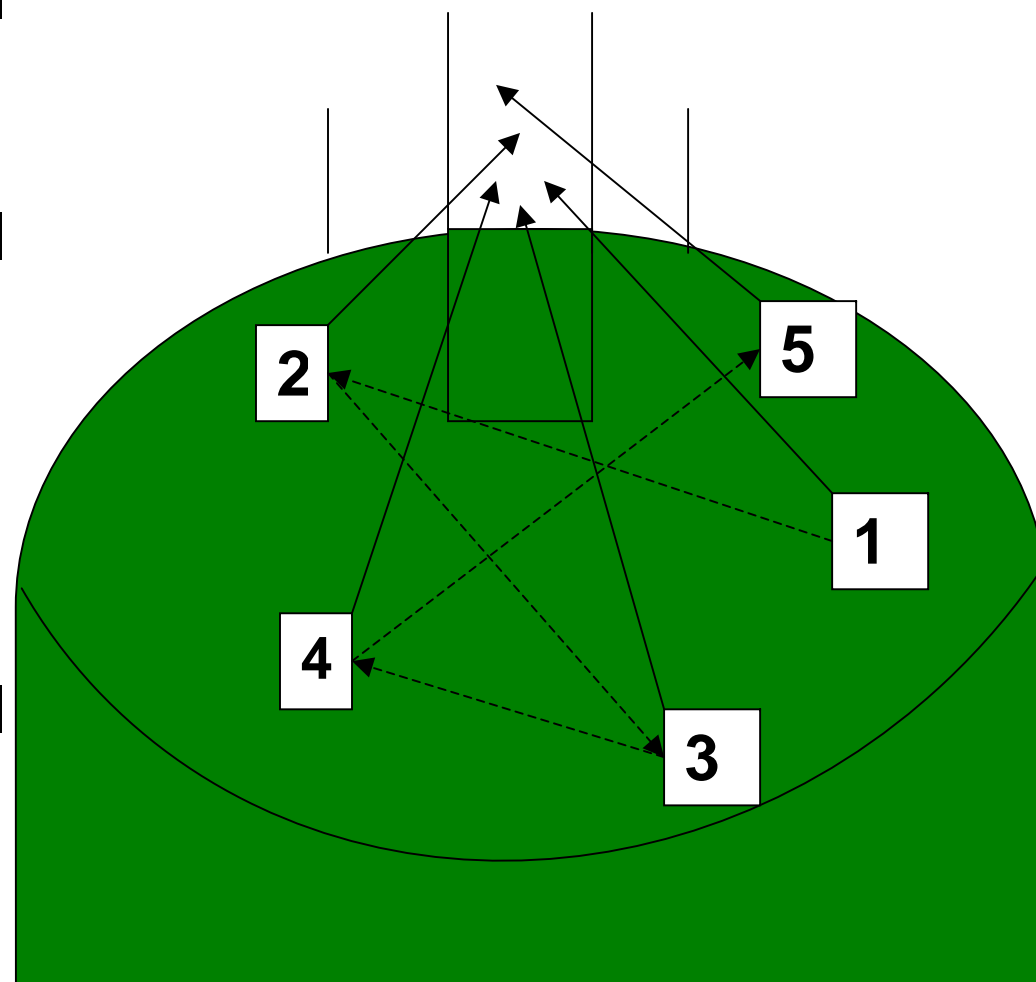
## How It Works

1. Place 5 cones in different places within the forward 50 arc, place a ball with each one and mark them 1 to 5 as above.
2. A coach stands in the goals with a stop watch.
3. The kicker starts on cone number 1 and has a shot on goal. After kicking the goal, the player runs to cone 2, then 3 etc.
4. The coach times each kick, allowing only 30 seconds per kick.

## Tips

To add game-simulated pressure to the drill, the kicker sprints between the cones, with the 30 seconds included in the running and kicking action.

Make sure players follow the goal kicking tips outlined by Simon Goosey and published at the Coach AFL website (CoachAFL.com).



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