

Lesson 3: Kicking/Punt

	Activity	Teaching points and techniques	Evaluation and Examples
Warm up activity: 15 minutes	<p>Spin and pass- 4 v 4 Objective- which group can make most passes in 30, 60 seconds</p> <p>Rules</p> <ul style="list-style-type: none"> Stay within designated grid- running out of grid or ball out of grid results in change of possession Pass the ball in any direction, you may run with ball Try to regain possession by interception, pick up dropped passes 	<ul style="list-style-type: none"> Maximize communication Encourage use of feints and dummies Have defensive team mark players and cut off passing lanes Switch groups around 	
Skill work: 15 minutes	<p>Teach punt and practice- Explain and demonstrate</p> <ul style="list-style-type: none"> Team of 4, two pairs work together Kick and catch- whoever catches kick passes to partner who is in support and kicks back 	<p>Punting</p> <ul style="list-style-type: none"> Shoulders over hips Point toes of kicking foot and lock ankle Kick out of hands- laying ball lengthwise over laces of kicking foot, try not to drop or toss ball out in front Head down 	
Game/activity: 20 minutes	<p>Baseball- Set small baseball diamond of cones- 15m between bases</p> <ul style="list-style-type: none"> "At bat" team stands behind home and elects a batter(kicker) "Out in the field" team spaces themselves out in field Batter kicks ball as far and away from fielders Entire batting team runs around all cones Fielding team gathers ball and quickly creates a "chain" back to home base and all fielders must handle ball as it is passed back to beat the batting team before they arrive home. <p>6 v 6 Touch Rugby with dropkicks and limited punting- If on a team's 5th tag and they are behind midfield they may elect to punt down field once ball is kicked thru mark and at least one pass has been made</p>	<ul style="list-style-type: none"> 8-10 players on a team 2 or 3 outs per team and switch If batting team is always safely home or always out by a great distance, adjust distance of cones accordingly <p>If time allows Emphasize to only kick when in an area behind midfield and that players may not chase unless behind kicker, or kicker/someone behind kicker runs past them</p>	