

Understanding the Kicking Game

“ I don't let my player kick; it's a running game!”

So when will players learn to kick effectively with good understanding both technically and tactically?

By the end of this module, the coaches will be able to plan and implement innovative and action packed kicking sessions, while maintaining a focus on the technical and tactical skills required.

Coaches of Children

This course is based on a game sensed approach to encourage young players to learn, not just the mechanics of kicking but the relevance of kicking within the game of rugby union. Following the module, the coaches should have a better understanding of how small sided games, based on kicking ability, will develop the skills of all young players. Different games will demand different kicking skills such as length, height, trajectory, spin etc. These games will transfer to the rugby pitch to enable players to learn and understand the kicking game and not just the mechanics of the kick.

Coaches of Youth Players (13-18)

Open field kicking is mostly left to specific playing positions. While the technical skills of the kick are often in place from earlier development or natural ability, the tactical awareness is often lacking. The youth module develops the repertoire of kick and explores the tactical use and kicking style. Through the game sensed approach the coach should be able to expand the vision and thought processes of the kicking player.

- How is kicking relevant?
- How is kicking related to principles of play?
- What are the mechanical principles involved?
- What is the coach looking for the players to achieve?
- Identification of coaches kicking knowledge at present.

The game sensed approach not only develops the understanding and technical skills of the kicker but also the ability to defend a kicking game with appropriate counter action.

Coaches of Adult Players

The adult module includes game planning with kick and chase strategies, applying and refining skills through a high intensity game sensed environment.

- What is a kick and chase strategy?
- How is it formulated?
- How is it practiced?
- How a coach may change focus from attack kicking to defence and kick return.

The module will use a whole-part-whole approach to coaching kick understanding. Explore the tactical options in attack and defence with the kick. Identify the relevance and use of kicking style. Focus on key components of each style of kick.

