

Crescent Kicks Arm Extended



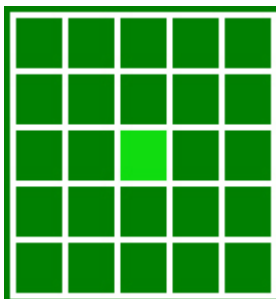
Coaching Points:

The next exercise in the sequence is the same starting position as the moving crescent kicks, but this time the player uses an outstretch arm and moves around the grid, forward, backwards and sideways. The working player follows performing crescent kicks with the left and right foot. The player must kick over the players extended arm, with no contact.

The player doing the exercise can feel better than anyone their limits, so they must tell the player to raise (if it is too easy) or lower (if it is too difficult) their arm. This constant reassessment is vital. Alternate moves with the left foot, followed by the right foot.

Music with a constant beat is a fantastic tool for helping this rhythmic movement. There are also a number of different ways of using these drills.

1. 40 repetitions.
2. 3 x 20 repetitions.
3. 30 seconds work, with maximum touches.



Organizational Set Up

Entire Team
2 players per grid 10 x 10 yards or 9 x 9 metres.
2 players using 1 ball.
Supply of Cones