

# Kick Kong

## What you tell your players the session is about:

- 1 Attacking areas of the field with a kick and chase.
- 2 Individual defending of kicks from different angles.

## What you tell your players to do:

- 1 Kick the ball into the target area (imagine it as "in goal"), so the chaser can compete for the ball.
- 2 Chaser and defender, focus on the ball first, not each other.



### what to shout

- "Chaser, keep behind kicker."
- "Kicker, kick on the point of the ball with the ball in the middle of the body."
- "Push the ball with the kick, so the foot finishes in the direction you want the ball to go."
- "Defender, when competing for the ball, take the space around the ball first."



### what to look for

- Kicks going too far – the kicker should slow down to kick and drop the ball onto the foot to gain more control.
- Chaser finding it difficult to beat defender to ball – kicker should angle the ball so it goes to the side of the defender, and the chaser comes in from angle, does not chase in behind ball.



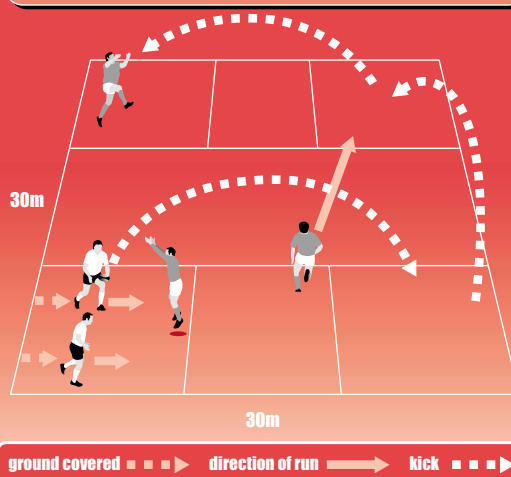
### what to think about

Chasers can be both forwards and backs – can the kicker be either? How do the weather conditions affect your kicking strategy? Are your players aware of the laws on making a legal touchdown – either a player is in possession of the ball, or the player presses down on the ball with hands, arms, or front of body from waist to neck inclusive.

## What you get your players to do:

Set out a 30 metre square, split into nine boxes. Starting in the bottom left hand box, two players with a ball run forward. A defender stands facing them 10 metres away. He is only allowed to block the ball. The attackers need to kick the ball over or through the middle small box and are only allowed to touch it once it reaches the other side. If they complete this task, they then have to kick "up" the box, with the same rules, but the defender stands next to them. Once the ball is kicked, the defender and chaser compete for the ball. If successful (a try is scored), then the attackers kick into the top left hand box from the top right hand box. This time the defender is waiting in the box.

### Kick kong



### Development

- 1 Have three attackers.
- 2 No defenders, time attackers completing the course.

### How would I put this into a game situation:

Kick touch: kicking doesn't often feature in touch rugby, but here are a couple of extra rules which could add this dimension to the game. Alternative kicking "touch rules":

- a Three touch tackles and then on the next two tackles, the ball can be kicked.
- b If the ball is kicked, it must be gathered cleanly first time or it is a turnover.
- c The ball cannot touch the ground from the kick
- d The ball is allowed to touch the ground, and the first player to touch the ball must gather cleanly, but there is no contest.
- e Any kick can be contested, but the kicking side, if they recover the ball, they don't get any extra tackles.

# How to use smart sessions

Print off the session and take it to training. It should take you less than five minutes to read the instructions, set up the session, and then you are ready to communicate what happens to your players.

## Number of players

You only need six players to complete a session, though it can easily be expanded to meet your needs. With lots more players you could have a number of sessions working at the same time.

## Timings

The timings are for a twenty minute session, but it can be expanded or reduced to meet your needs. It's your call.

As a rule of thumb 10 minutes would be enough time for a well executed first drill, development and feedback. Any shorter and you have not explored the full skill range or asked enough questions of the players. Longer is fine as long as you feel the session is developing. The game related element adds another 10 minutes.

## Equipment

The equipment used is simple. A set of cones (or trainers or tops) as markers and a couple of balls.

You can add in tackle bags, suits and rucking shields where you feel you need them – we just assume that you don't have them because sometimes the shed is locked or another coach is using them.

## Training area

The size of the training area is left for you to decide. Smaller players need a smaller area, but the session will never need more than a 20m x 20m grid for initial drills. The smaller the area the more intense the training.

## The standard and age groups

Smart sessions are based on the core skills of rugby. They will challenge any standard because a player can always perform the core better.

The "development" ideas can be used to differentiate between the different standards of your players; the "think about" section can challenge the more advanced; the "game related situations" can change the contact situations the teams face.

## Elements of the session

### What to tell your players the session is about:

This is your introduction and outlines the objectives of the session. Just read this out. The players then have an objective. Return to this at the end of the session to see if you have achieved your objectives.

### What you tell your players to do:

This is how you want your players to achieve the objectives. You can tell the players straight away how to achieve the objectives, or you can tease it out of them as the session goes on.

### What you get your players to do:

This shows you how the session is going to work. Depending on what is going to be achieved, it sets out what actions the players are going to take. There are no exact measurements, or complicated patterns – the approach is "simple, stupid, successful". Slow motion the first few patterns – get the drill right and the skill right first before speeding up. Use the "What to shout" prompts to keep the players focused. Use the "What to look for" to keep your eye on why the players might be failing.

### Development

No session is worth doing unless there is some form of progression. Normally there will be an increase in pressure, say by adding more defenders, or by restricting the time available. Other areas for you to think about are: Where do I stand as coach? Do I throw the ball into the grid?

### How would I put this into a game situation?

All the elements of the session are geared to the game, but this section puts the session one step away from a full game, with attack, defence and a goal line.

### What to shout

Have the words handy, because apart from the usual words of encouragement, it is good to shout the key factors to players. Of course you can hold some of these "shouts" back and ask the players to identify how they can improve.

### What to look for

You need to keep your eyes open for "best practice". This section helps you identify quickly where players might go wrong so you can quickly put them right.

### Think about

Here you have the chance to challenge the players and situation, either by using feedback or just asking yourself the questions. It is a little more advanced and might not be appropriate for your players.

### Where does it fit:

To help you file and order our coaching we have given you the core areas of individual and team skills that the session covers.



## 50 GREAT BACKS MOVES

Dan Cottrell

Get your hands on a copy of my coaching guide: **50 Great Backs Moves**.

A single backs move can win a match. This **unique coaching tool** contains **50** blistering moves that could transform your team's backs play.

*"A must for any coach"* Adrian Curran, Dhuibhne RFC, Ireland.

To order or to find out more go to [www.rugby-coach.com/50bm](http://www.rugby-coach.com/50bm)  
You can save an amazing £41 if you order both the hard copy and pdf file!