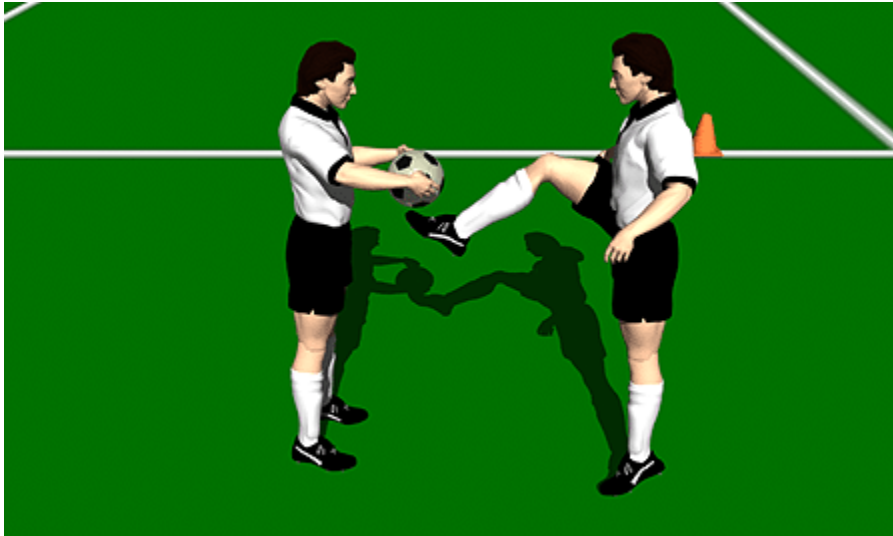


# High Flick Kicks



## Coaching Points:

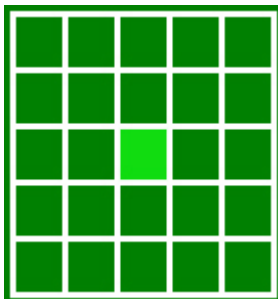
The next exercise in the sequence is the same starting position as the high knee punches, but at the end of the movement instead of touching with the knee, flick out and touch the ball with the instep (laces). The ball is a lot higher than in the high knee punches. The player doing the exercise can feel better than anyone their limits, so they must tell the player with the ball to raise it (if it is too easy), or lower it (if it is too difficult). This constant reassessment is vital.

Alternate flicks 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