

Skills & Drills



How to Kick a Footy

Teach NAB AFL Auskickers how to kick a football by following these simple steps!

1. Keep the ball vertical

Each Auskicker is to hold the ball vertically over their preferred kicking leg.

2. Point laces forward

Ask each Auskicker to grip the ball loosely using both hands, with laces facing outward.

3. Relax arms

Ask Auskickers to relax their arms and then guide the ball down with one hand over their preferred kicking leg.

4. Point toes

Auskickers are to bring their foot towards the ball, whilst pointing their toes. The aim is to hit the ball with their shoelaces, remembering to follow through.

