



WEBINAR 9

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Kickouts – For & Against

Timing of Webinar Contents:

00.18 Introduction/Contents

OWN KICKOUTS

01.00 Quick kick out

06.07 Overloading one side

09.02 Opposition keep no 6 as sweeper – using our number 11 for our kickout

10.22 Line kick out & V cuts – opposition marking man to man

12.05 Both teams using sweeper

13.45 Over the top kick out

DEFENDING OPPOSITION KICKOUTS

15.04 Defending opposition using man to man

20.34 Defending against opposition cluster kick out

22.30 Zonal pressure – defending opposition kick out

25.50 Coaching kick outs

SPORTS PERFORMANCE

29.55 Inactive, Reactive, Proactive. The importance of resetting quickly.

GROWCOACH GOLD

35.14 Control the Best Space

QUESTIONS & ANSWERS

37.11 Rational for bringing numbers into your own half on your own kickout

38.43 When to push up extra players or drop off on opposition kickout