



Sub Topics : Bomb
Kick Reception

Suitability: Colts
Grade

Group Size : 4 players per group

Area size : 30m x 10m

Equipment : 2 footballs, 3 marker, 1 Tackle bag

Drill Description

Set out the marker cones as shown in the diagram. Initially the distance between **P1** (dummy half) and **P2** (player kicking the “Bomb”) should be about 10m and the distance between **P2** and **P3** (the catcher) about 30m for groups from school level and above.

P1 has two balls at his feet and begins the exercise by making a dummy half pass to **P2** - actually the pass should be in front of **P2** so that he is forced to move onto the ball. **P2** puts up the high ball (the “bomb”) attempting to land the ball on the tackle bag near **P3**. He does not aim at **P3** but at the bag! **P3** makes the catch and immediately passes or drop punts to **P4** who then passes to **P1** and the drill continues.

Remember there are 2 balls in operation in this drill. As soon as **P2** has put up the first bomb and returned to his start marker, **P1** passes the second ball and so on.

My Notes

Drill Coaching Points

- See the Coaching Points and Technique for **Drill 134** “Bomb & Catch”.
- Use 3 balls to put the players under more pressure after they have reached a level of proficiency with the techniques involved.
- With 2 balls operating, start with players **P1** and **P3** initially in possession. After they both make their passes (or drop punt in the case of **P3**), have the players rotate in an anti-clockwise direction so that they now perform different functions as the drill progresses. In this case notice that **P4** now has no one to pass to so that his job after receiving the ball would be to run to the “Start” position and recommence the drill.
- To make the drill somewhat more realistic, have **P4** move into position so as to be beside to receive the pass from **P3**. Because he now would probably be too far from **P1** for the pass, he can drop punt to **P1** (or to another player positioned nearby) to retrieve the balls for the dummy half (**P1**).