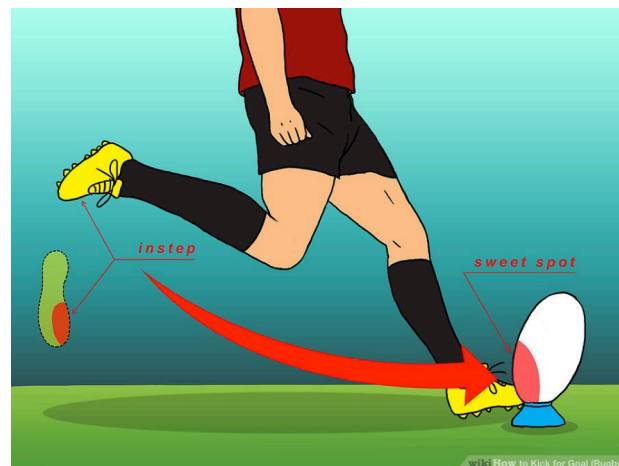


Kicking Off A Tee



Have players take turns teeing up a rugby ball on a field cone and place kicking the ball through the mini uprights.

- It is important for the ball to be tilted towards the player and not the uprights. This exposes more of the "sweet spot"
- Players usually take 3 steps back from the ball.
- As you approach the ball, try to plant your non-kicking foot as close to the tee as you can.
- Strike the ball with the instep of your foot on the "sweet spot" of the ball. The sweet spot is located about 1/3 up the ball



- Follow through with your foot for maximum height and distance.



- Accuracy will come over time with each attempt.