



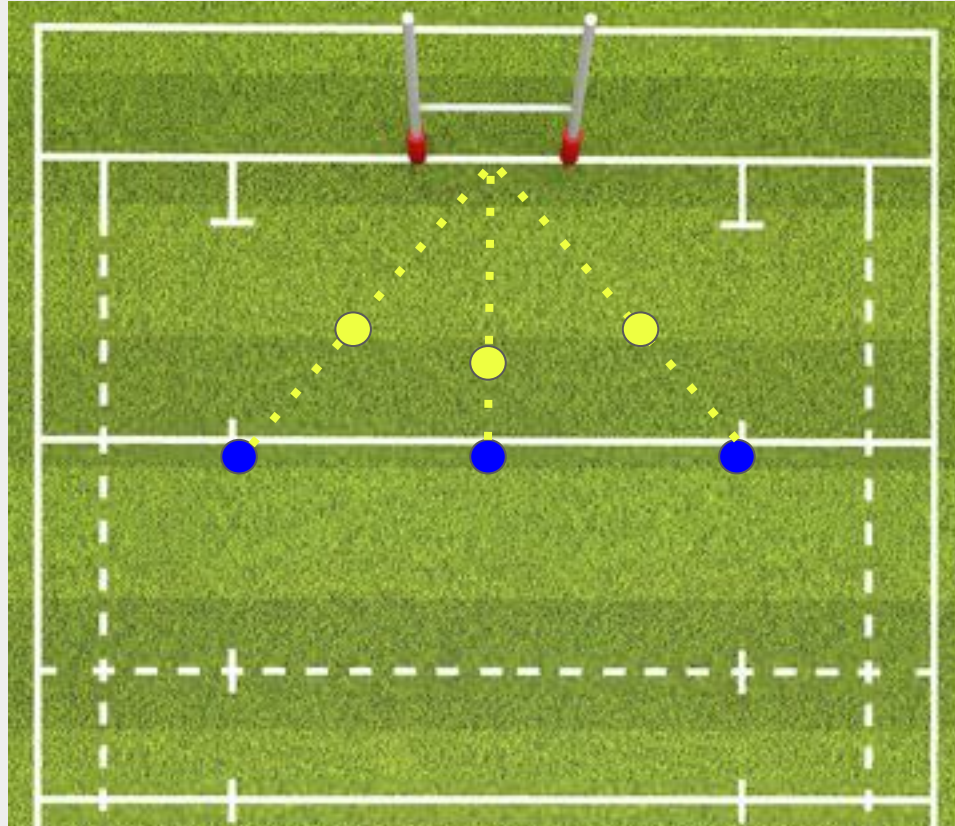
# Gradings

School of Kicking

Colour	Skills to Master	Assessment & Outcome	Process Evidence
White	Running Drop Punt	3/3 kicks from 22m in front. Kicking between posts, under crossbar without bouncing.	Posture - smooth flow - land on kicking foot - balanced ball flight.
Yellow	Running Spiral	3/4 kicks from 22m middle, left and right. Kicking between posts without bouncing.	Posture - smooth flow - land on kicking foot - clock face - ball turning in flight.
Orange	Running Drop Shunt	3/4 kicks from 22m middle, left and right. Kicking between posts, over crossbar. 3/3 Running Drop Punt, Running Spiral, Running Drop Shunt 22m in front.	Posture - smooth flow - 45 degree approach - land on kicking foot - strike leg stays under knee - balanced flight.
Green	Shunting	6/7 Red kicks.	Posture - smooth flow - 45 degree approach - land on kicking foot - strike leg stays under knee - balanced flight.
	Running Spiral (Other foot)	3/4 kicks from 22m middle, left and right. Kicking between posts, under crossbar without bouncing.	Posture - smooth flow - land on kicking foot - clock face - ball turning in flight.
	Running Drop Punt 50/22	2/3 kicks from halfway line each side (4/6 total).	Posture - smooth flow - land on kicking foot - balanced ball flight.

Colour	Skills to Master	Assessment & Outcome	Process Evidence
Blue	Goal Kicking	15/20 on '20' circuit.	Posture - smooth flow - 45 degree approach - land on kicking foot - strike leg stays under knee - balanced flight.
	Running Drop Punt 50/22 both feet	2/3 kicks from halfway line each side (4/6 total).	Posture - smooth flow - land on kicking foot - balanced ball flight.
	Box Kicking (9's)	2/3 kicks each end over 22m (4/6 total).	Posture - Weight on toes - Shoulders square - Swing along line
Purple	Restarts	3/4 Restarts hitting each target once.	Posture - Bounce hit - Strike point at hip
	Running Spiral 50/22 both feet	2/3 kicks from halfway line each side (4/6 total).	Posture - smooth flow - land on kicking foot - clock face - ball turning in flight.
Black	Goal Kicking	27/33 on '33' circuit.	Posture - smooth flow - 45 degree approach - land on kicking foot - strike leg stays under knee - balanced flight.
	Spiral Bomb	1/3 attempts travelling between 20m and 35m.	Posture - Flight 'turn' at top and reverse

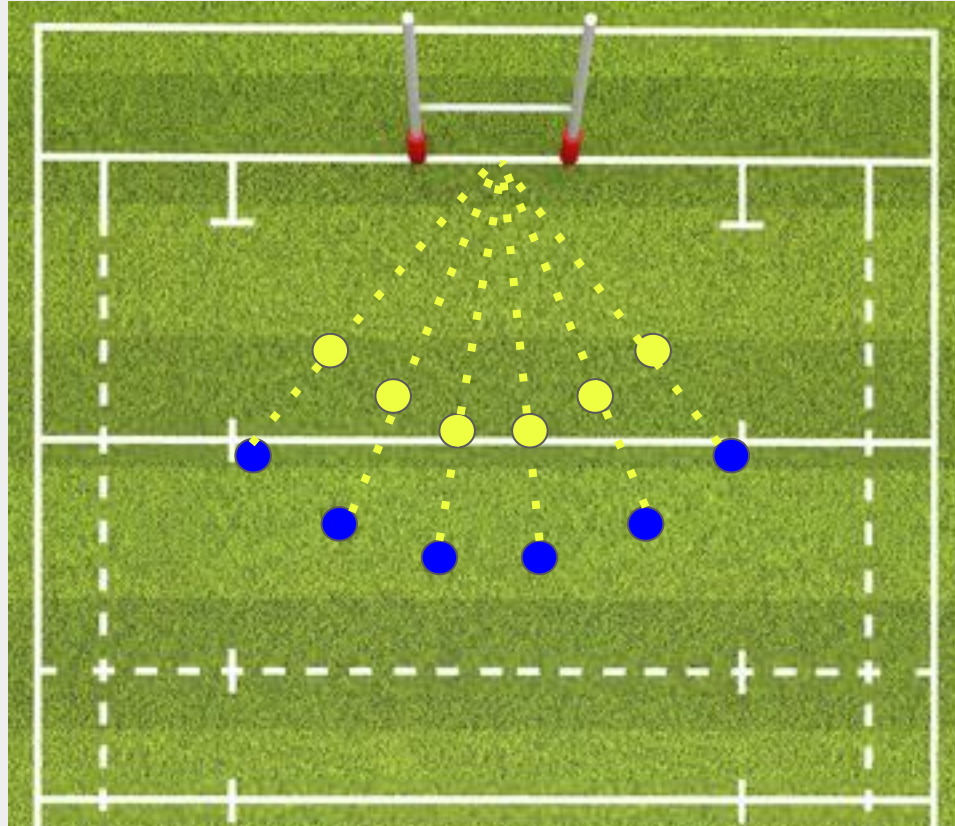
## Running Spiral & Drop Shunts



Three start points on the 22 including left, right and middle.

Juniors use the line towards the posts at 75% of range for assessment.

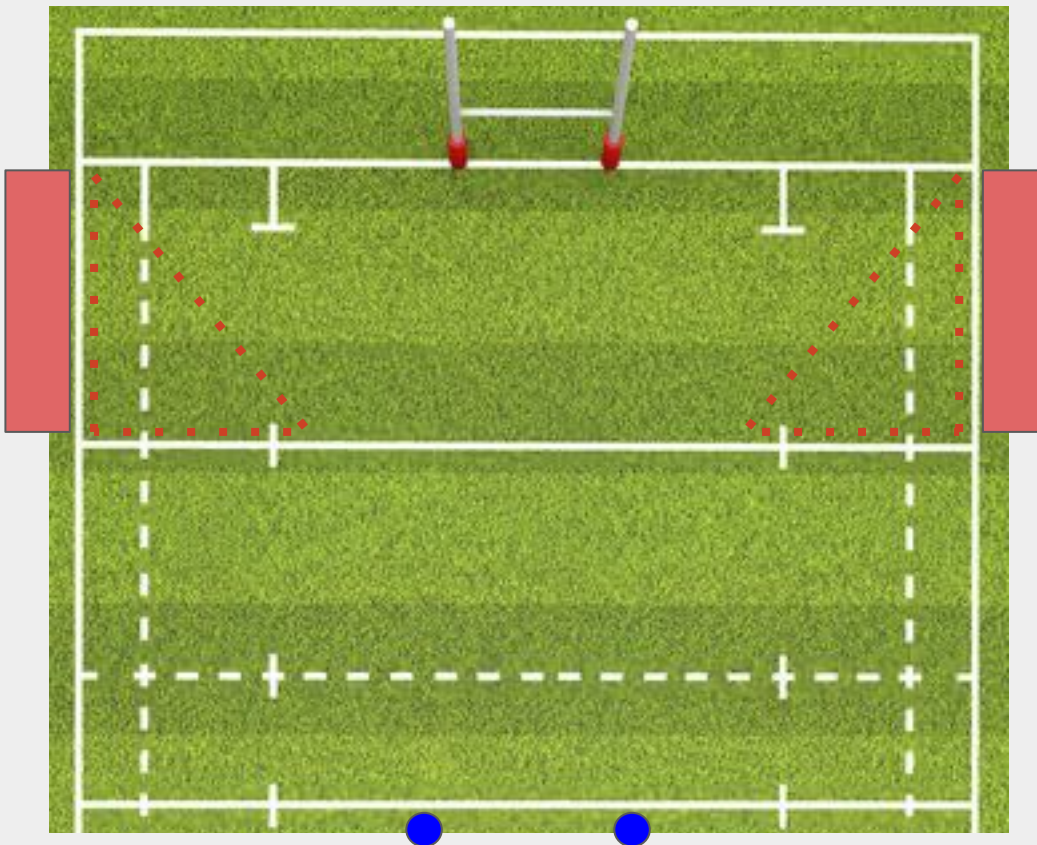
## 'Shunting Assessment - Six red zone'



Six start points for adults. Two where 22 and 15 meet. Two half way between 22 and 10 metre line. Two filling in either side to create arc.

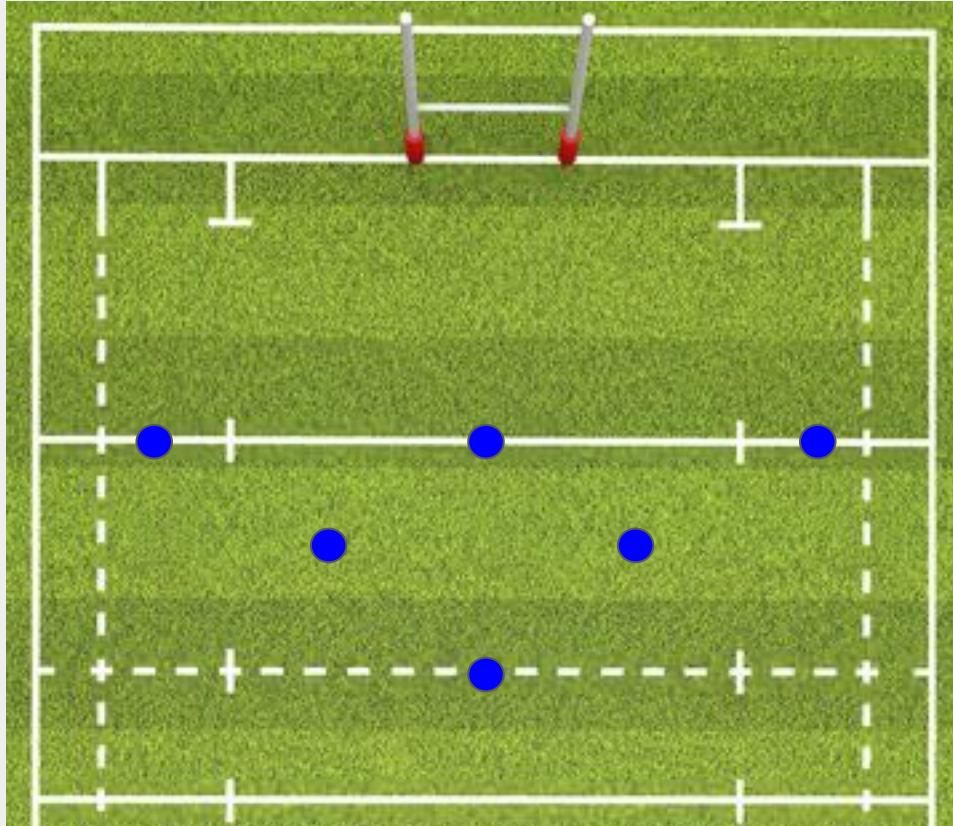
Juniors move the whole arc forwards to 75% of range.

## 50 / 22 Drop Punts & Spirals Both Feet



Kick anywhere inside the 15m line on either side. Ball needs to bounce at least once and finish in touch.

## 'Goal Kicking Assessment - 20 & 33'

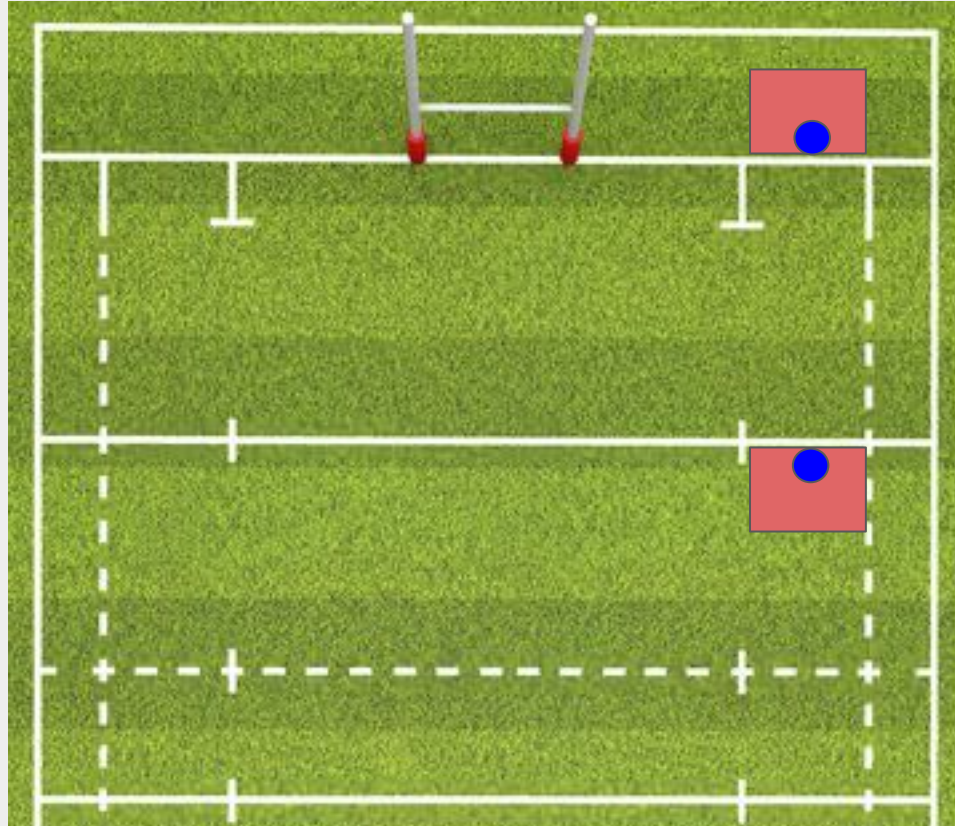


For '20' circuit start from in from. Take 3 shots from each station. Take two from 40m and finish with 3 from in front.

For '33' circuit start straight in front. Take 5 shots from each place. 3 shots from 10 metre line and finish with 5 shots from in front.

Juniors take the same shape ensuring that furthest shot is 90% of range.

## Box Kicking Assessment

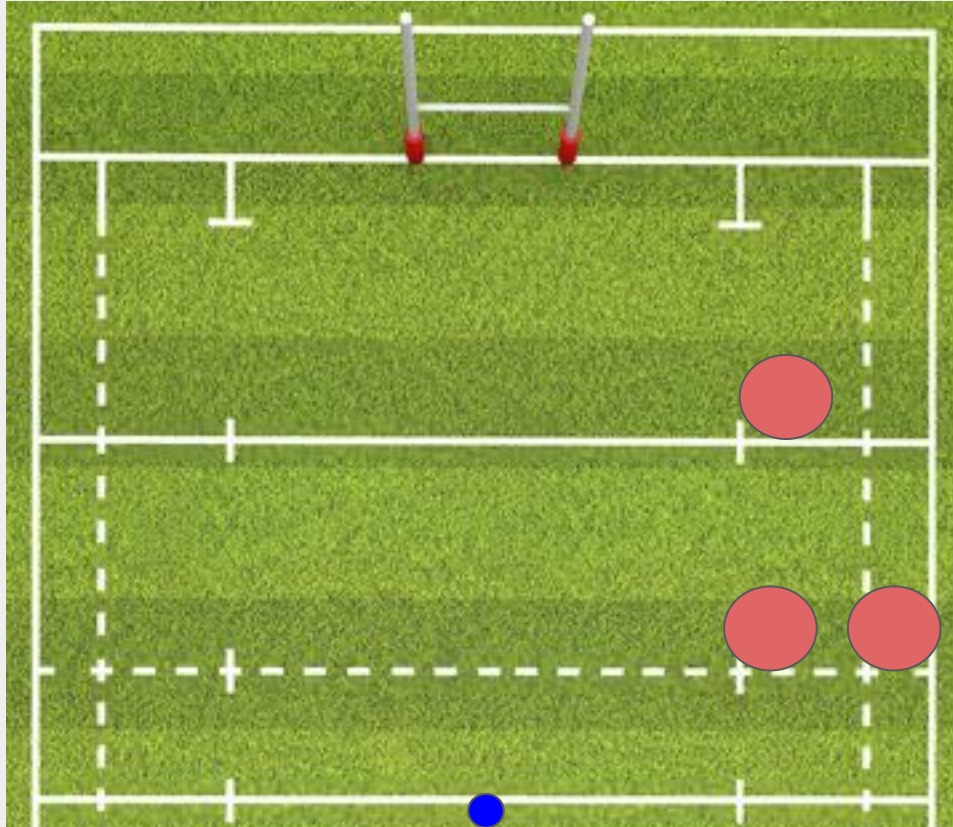


Kicking over 22m  
(not more than  
27m) within 10m  
channel with 3.5  
second hang time.

Three shots from  
each direction.



## 'Restart targets'

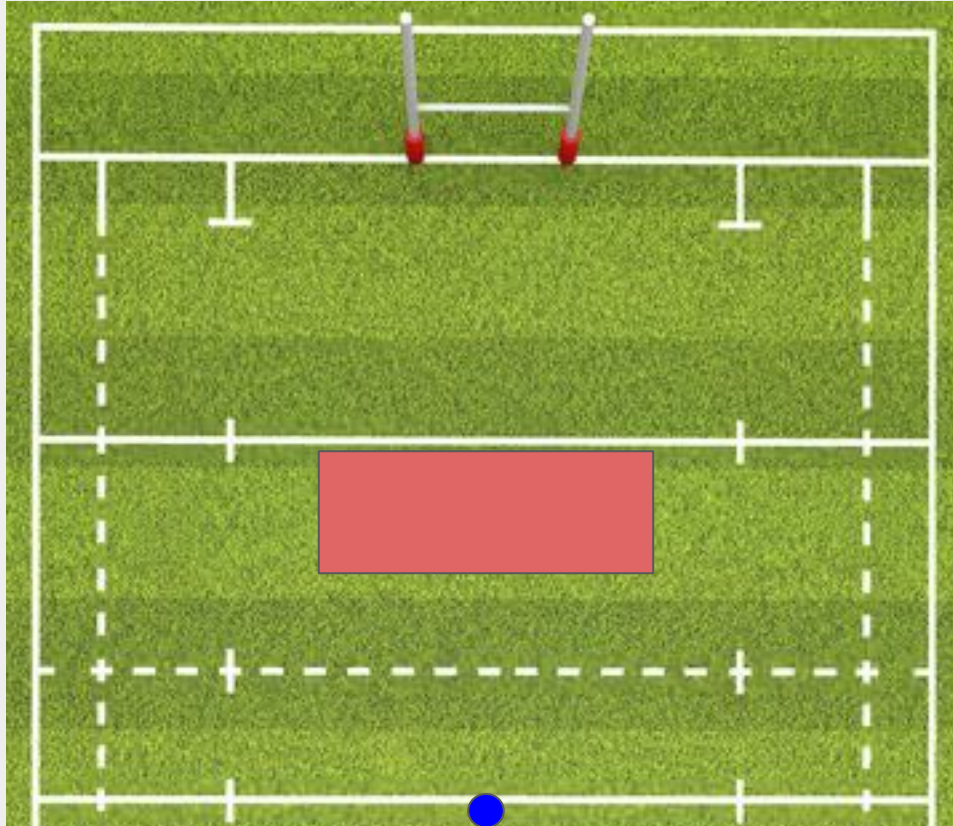


For three restarts shot 1 is within 3 x 3 m target over 10 metre line past 15 metre line. 3 second hang time.

Shot 2 is in the tram lines within 5m of 10m line. 3 second hang time.

Shot 3 is beyond 22 between 10 and 5. 3 second plus hang time.

## Spiral Bomb Assessment



From the halfway line the ball can travel forwards between 20 and 35 metres.

It requires hang time of three seconds.