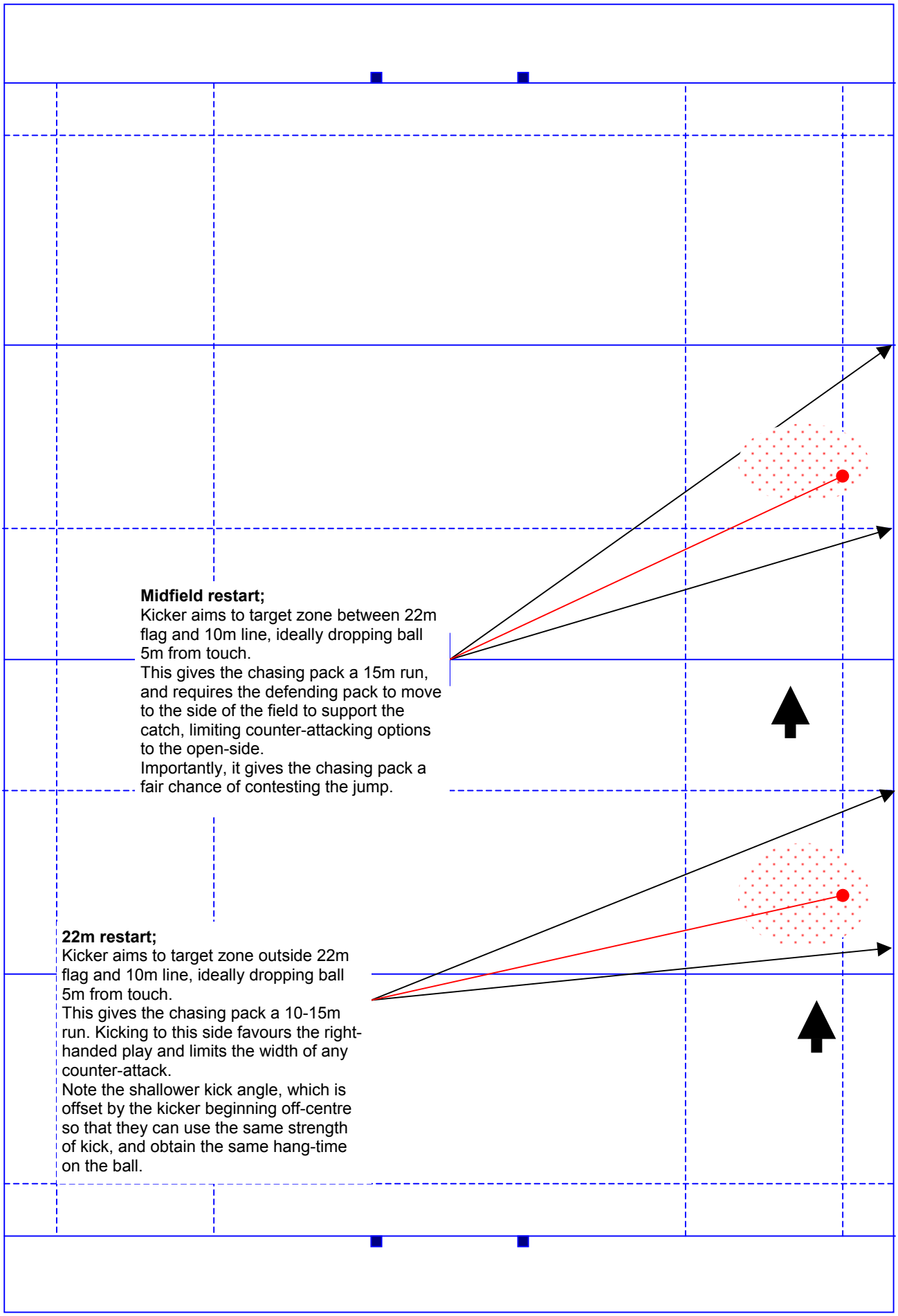
Restart Kicking Zones



Midfield restart;
Kicker aims to target zone between 22m flag and 10m line, ideally dropping ball 5m from touch.
This gives the chasing pack a 15m run, and requires the defending pack to move to the side of the field to support the catch, limiting counter-attacking options to the open-side.
Importantly, it gives the chasing pack a fair chance of contesting the jump.

22m restart;
Kicker aims to target zone outside 22m flag and 10m line, ideally dropping ball 5m from touch.
This gives the chasing pack a 10-15m run. Kicking to this side favours the right-handed play and limits the width of any counter-attack.
Note the shallower kick angle, which is offset by the kicker beginning off-centre so that they can use the same strength of kick, and obtain the same hang-time on the ball.