

Kicking Skills

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PUNT KICK

Teaching Points

1. Hold the ball firmly in both hands. Release the ball into the hand at the kicking side. Head down, eyes on the ball.
2. Step forward with the non-kicking foot. Drop the ball onto the foot.
3. Kick the ball with the instep of the foot.
4. Keep toe pointed down. Follow the direction of the target.

Common Errors

1. Lifting head too early
2. Dropping the ball from the opposite hand
3. Not keeping toe pointed down

Remember

- I** INTRODUCE the skill
- D** DEMONSTRATE the technique
- E** EXECUTE the activity
- A** ATTEND and provide feedback

HOOK KICK

Teaching points

1. Hold the ball in both hands. Point shoulder towards target.
2. Release ball into the hand at the kicking side. Step forward with non-kicking foot.
3. Drop the ball to kicking foot. Strike the ball with inside of foot.
4. Follow through the direction of target with foot pointing upwards.

Coming mistakes to lookout for

1. Not pointing shoulder at the target
2. Dropping the ball from the opposite hand

3. Lifting the head to early

Remember

I INTRODUCE the skill

D DEMONSTRATE the technique

E EXECUTE the activity

A ATTEND and provide feedback

Session

EMPTY THE SQUARE

THE PURPOSE OF THIS GAME IS TO ASSIST PLAYERS WITH PUNT- KICKING, CATCHING & MOVEMENT.

HOW TO PLAY

- MARK OUT A SQUARE.
- DIVIDE TEAMS INTO 2.
- 1 TEAM INSIDE THE SQUARE, ONE TEAM OUTSIDE THE SQUARE.
- PLAYERS INSIDE SQUARE MUST KEEP SQUARE CLEARED BY PUNT KICKING THE BALL AWAY FROM THE SQUARE.
- PLAYERS OUTSIDE THE SQUARE MUST RETRIVE BALLS AND PLACE THEM BACK IN THE SQUARE.
- SWITCH TEAMS AFTER A SET TIME.

SOLO/KICK

PLAYERS AT CONE **A** RUNS OUT AND AROUND THE 2 ORANGE CONES THEN KICKS TO PLAYERS AT CONE **B**.

PLAYERS AT CONE B THEN COLLECTS AND SOLOS TO CONE A.

DRILL IS REPEATED.

BOX GAME

THE PURPOSE OF THIS GAME IS TO IMPROVE SKILL OF CATCHING AND HOOK KICKING.

HOW TO PLAY

- 2 TEAMS ARE PICKED 4 IF NUMBERS ARE LARGE.
- GIVE TEAMS A NAME eg KERRY, CORK.
- KERRY START BY KICKING BALL INTO THE CORK BOX (BALL MUST GO OVER SHOULDER).
- IF BALL HITS THE GROUND, KERRY GETS A POINT.

PRISONER BOXES

THE PURPOSE OF THIS GAME IS TO IMPROVE ACCURATE KICKING FROM DISTANCE.

HOW TO PLAY

- STEP UP GAME AS NORMAL BOX GAME BUT ADD SMALLER BOX AT BACK OF LARGER BOX.
- SAME RULES AS BOXES BUT EACH PLAYER GETS A NUMBER.
- IF ONE TEAM DROPS THE BALL THE OTHER TEAM CALLS A NUMBER OVER INTO THE PRISON BOX.
- A TEAM CAN FREE THE PRISONERS BY STRICKING THE BALL ACCURATELY INTO THE SMALLER BOX IF PRISONERS CATCH THE KICK THEY ARE ALL FREE.
- THE TEAM WITH ALL THE OTHER TEAMS PLAYERS IN THERE PRISON BOX ARE THE WINNERS.