



O'Neills® + ULSTER GAA

COACHING AND GAMES DEVELOPMENT CONFERENCE

Tutors

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Aim:

To give coaches a better understanding of how to kick a ball accurately from a placed position on the ground or out of the hands in order to pass, score a point or goal.



What We Hope To cover...

- Master The Movement
- **Key Phases of the Kick**
- Types of Kick
- Parts of the Foot
- Foot Angles for Kicking
- Target Points On The Ball For Kicking
- Game Kicking Requirements
- Field Parts To Kick Into
- Tactical Kicking v Hand Passing
- Kicking Mechanics
- Videos - Kicking



Master The Movement

1. Observing the whole skill
2. Chunk it
3. Break the skill down – slow motion
4. Exercising the process
5. Learn to feel it



Mechanics of a Kick:

Master The Movement – Effective Training Methods:

Based on Heads, Hand & Feet For Better Technique

1. Head – keeping body in alignment
2. Arms/Hands – Stabilising, coordinating & controlling body
3. Legs/Feet – Power – Fast leg & a 'Hard' foot – Weight of Pass
4. Chest – Chest on/Leg on for direction & power



Analysis

The key feet stages identified:



- Observe four key areas in each phase:

- Head,
- Hands/Arms,
- Trunk/Chest,
- Legs/Feet





Types of kick used in Gaelic Football

PUNTS: 3 Main Categories

1. **Swerve – Outside of 'hard foot' – On the Loop**
2. **Hook – instep – On the Turn**
3. **Drive Punt – Top of Laces - Straight Line Kicking – on the Run**

Others:

4. **Drop Kick – as ball meets ground**
5. **Ground Kick – frees, penalties**
6. **Overhead – facing away from goals**
7. **Volley – airborne ball**
8. **Dipper - Topspin – dipping ball over goalie but under crossbar**
9. **Backspin – stopping ball on grass pitch**



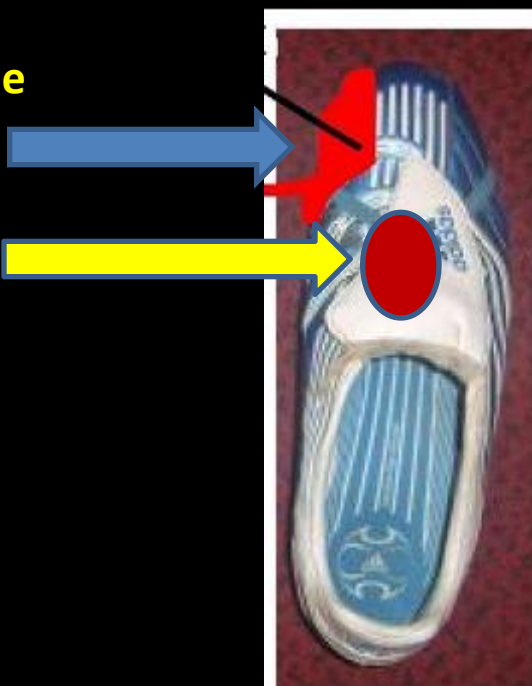


Parts of Foot:

- 1. Instep - Hook
- 2. Front – Straight Line

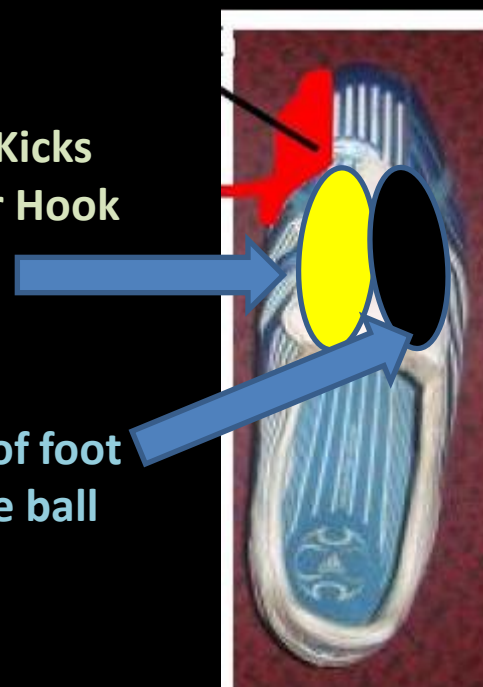
Instep- Use big toe to chip ball

Top Of Lace For Power kicking The 'Sweet Spot'



Right Footed Kicks Use instep for Hook Punts

Use outside of foot to swerve the ball





Foot Angle Effect:

Long leg – Long punts or passes
Full extension of ankle

Short leg – Close in frees

Dipper – Shot dipping over keeper

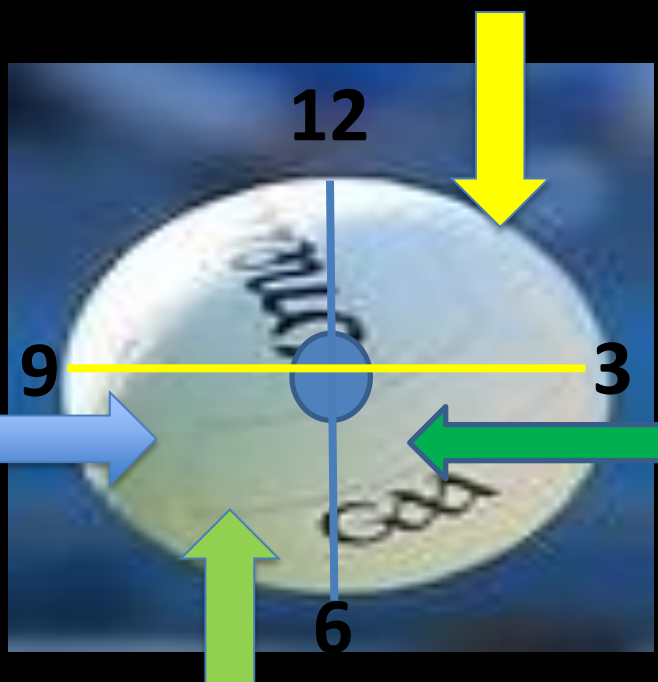
Short leg – penalties, low shots on goals





The Ball – Where & How to Kick:

Kick The Clock – Right Foot



Hook – 9 to 3 o'clock
Kick left to right across the Sweet Spot to send ball anti-clockwise

Backspin – 12 to 6 O'clock
Pull foot down the Sweet spot to impart anti-clockwise spin.

Swerve – kick across sweet spot 3 o'clock to 9 o'clock - from right to left to send the ball clockwise

Topspin – 6 to 12 o'clock
Pull foot up the Sweep Spot to move ball clockwise

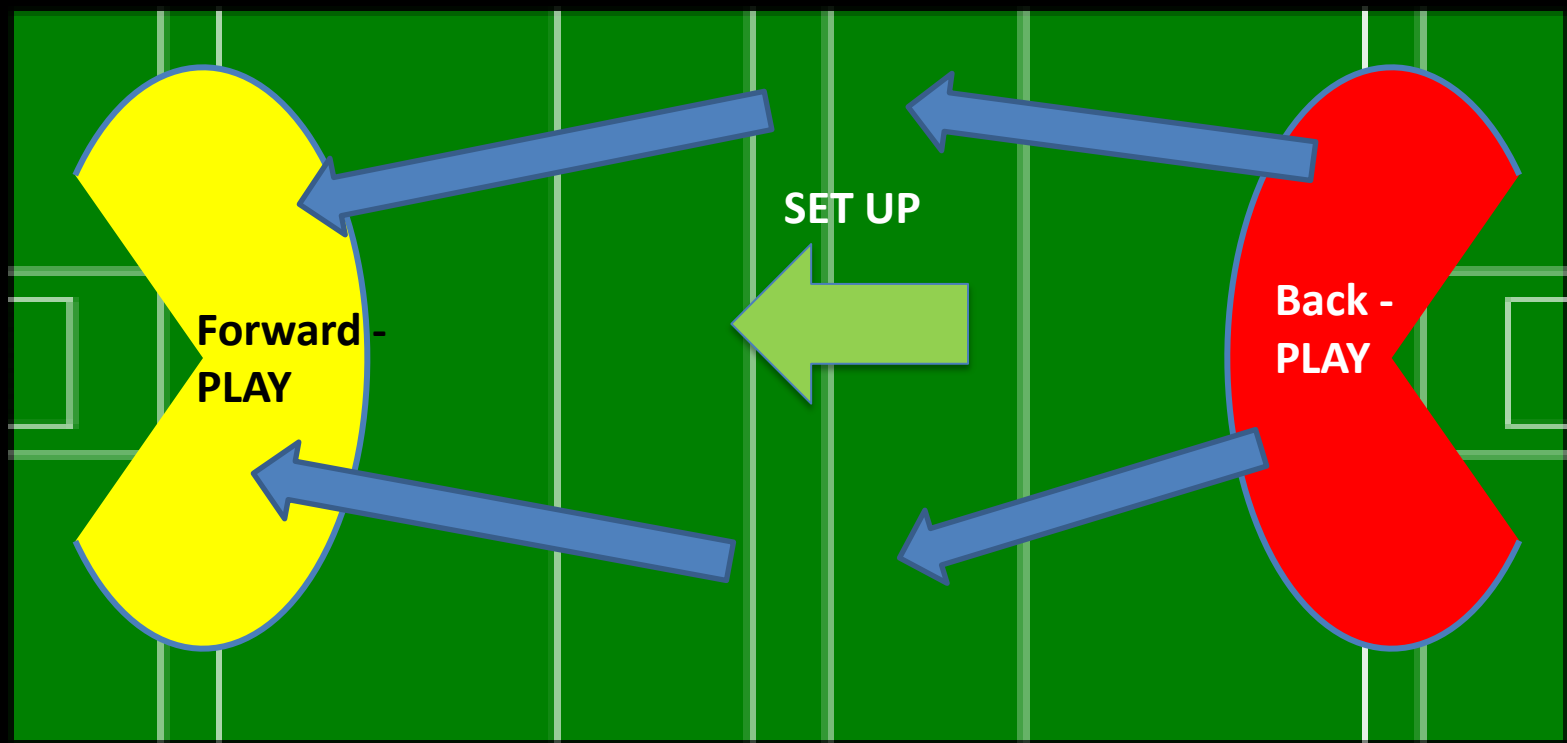


Situations in a game where accurate kicking is required

1. Passing from open play – ground or punt
2. Passing from a free kick – ground or punt
3. Passing from a side-line kick - punt
4. Goalkeeper – Ground Kicks - kick outs v restarts
5. Scoring/Passing from open play (goals/points) – ground - volleys punt
6. Scoring/Passing from a free kick (off ground)
7. Scoring/Passing from a free kick (from hands)



Long Ball V Short ball – Kicks v Hand Passes? Advantage Ball





Restarts:



Non kicking hand moves up & back behind body to counteract leg action on opposite side & help lock body from rotation, for preparation of kick

Kicking hand to side of body – to help stabilise body

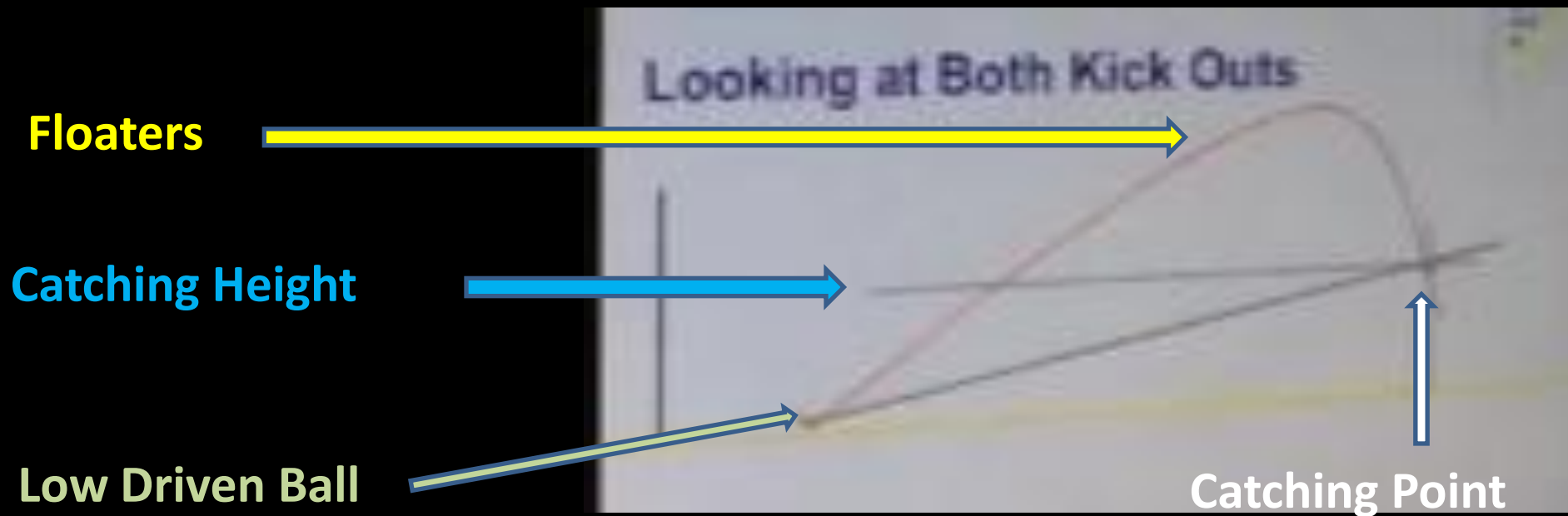


Kick Outs v Restarts:

- Is it a pass or kick out?
- Keeper not shown his/her intentions – shoulder to chest kicking
- Standing foot parallel to the ball at the point of contact with its ankle bone facing the ball
- Short run up for quick reaction time with accurate delivery – 2/3 strides – passing range – 13m -60m
- Low v High Kicking Tee



Floaters v Drivers For Restarts?





Kick Outs v Restart:

Floater	Driven
Difficult to judge catching height due to trajectory of ball	Easier to judge catching height – Arc of ball easier to judge
Lower % of gaining possession due to more numbers around the ball	Higher % of retaining possession when kick executed correctly
Little control from a tactical point	It is more controllable from a tactical point
Little team confidence in going control	It inspires confidence in a team when they know they have more control at gaining possession
No attacking platform to attack from	Gives an attacking platform from a defensive position
Ball does not travel as far up the pitch	Retainment of possession much higher up the field



Ground Kicks – head hands & feet

Kicking Leg:

Preparation for kick – generating force & speed of contact determines power in kick.

1. Addressing ball – Activate muscle memory
2. Identify the contact stich
3. **Step back - consistency**
4. Step side – angle of approach
5. **Focus – Deep belly breathing – centreing**
6. **Eye on stich of ball**
7. **Run up – focus on ball**





Common Faults

Non Guiding Arm Arc

- Many players don't use their non-guiding arm (also known as the balance arm) to balance during the kicking action.
- It is important to keep the arm out at shoulder height, with it preferably moving in an arcing motion during the kick.
- It may help when learning the skill to bring this arm to the halt position for balancing the body during the kicking phase
- Effects of not utilising the balance arm on the kick include reduced distance and accuracy.
- A simple remedial drill to address this is "Fence Kicking", in which a player kicks off one step with their balance arm holding onto a fence rail, partner or post.
- You can also use another drill called "Hang Kicking", where a player stands on one leg (support leg) and tries to kick the ball as far as they can. Without the balance arm, it is very difficult for them to retain their balance.





Common Errors - Internal:

Fault	Correction
Cross kicking- Foot coming too far across the centre line of the body.	Don't break the glass
Head up too early	Count '1, 2' before lifting head
Leg speed too slow for power kicks	Heel to hip & fast leg to generate power
'Soft foot' Toe Up - Little power	Fast leg & and a 'Hard' foot
Kicking off target -'kicking hand' coming across the body	Don't let kicking hand cross the mid-line of the body
Body off balance – Non Kicking Hand not controlling trunk	Non Kicking Hand moving to 'Halt' position during execution of kick
Kick off target – Non kicking Foot not positioning in relation to kick being executed	Position Non kicking Foot in right position for execution of kick



Common Errors - External

Fault	Correction
Wind	Using the wind to your advantage i.e. low driven kicks into the wind. Using the wind to your advantage for long kicks.
Distraction	Crowd, supporters, players referee etc.
Poor Decision Making	Not scanning properly
Wrong studs	Proper studs – clear mud before kick
Ground conditions	Handling ball v Kicking
Poor flexibility	Lack of flexibility will hinder kicking power



Summery: Future coaching

For the punt kick simple exercises such as **single leg balances and core stability activities** could easily be incorporated into coaching sessions and warm ups to improve **overall balance and stability** for both dominant and non dominant sides which could have a considerable knock on effect on **improving technique, balance, stability and overall control of the movement.**



Conclusions:

- Results found that the non kicking arm and support leg accounted for over 50% of overall errors when executing the punt kick
- Significantly higher than the number of errors made by the kicking arm and kicking leg which much of the coaching literature has been focussed on.
- By improving fundamental movement skills, **balance**, **stability**, control and coordination of both dominant and non dominant sides it can be a huge asset when coaching and improving fundamental skills of the game.
- The results also highlighted the need to maintain focus on the fundamentals elements of the skills such as ball release and ankle plantar flexion