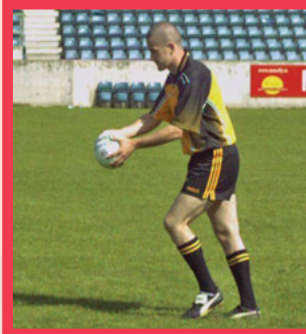


# PUNT KICK

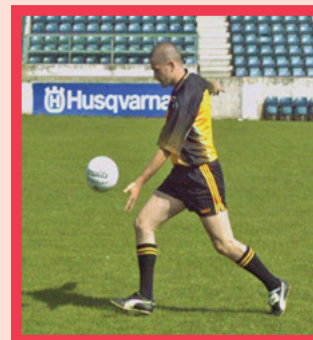
The Punt Kick is one of the most common foot passing techniques in Gaelic football. It may also be used to kick for a score when approaching the goal straight on.



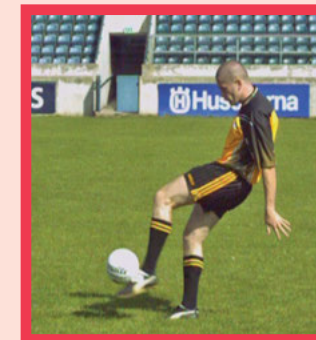
## KEY TEACHING POINTS



Hold the ball firmly in both hands. Release the ball into the hand at the kicking side. Head down, eyes on the ball.



Step forward with the non-kicking foot. Drop the ball onto the foot.



Kick the ball with the instep of the foot.



Keep toes pointed. Follow through in the direction of the target.

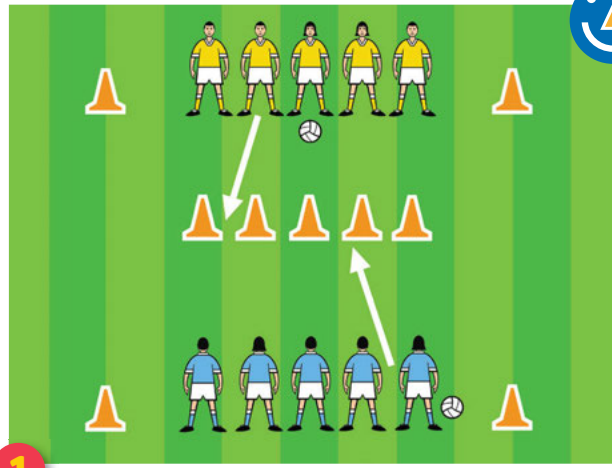
To Coach the Skill use the **IDEAL** method

- I**NTRODUCE the Skill
- D**EMONSTRATE the Technique
- E**XPLAIN the Activity
- A**CTION
- L**OOK and Observe

## LOOK OUT FOR THESE COMMON ERRORS

- Lifting the head too early
- Dropping the ball from the opposite hand
- Not keeping the toes pointed

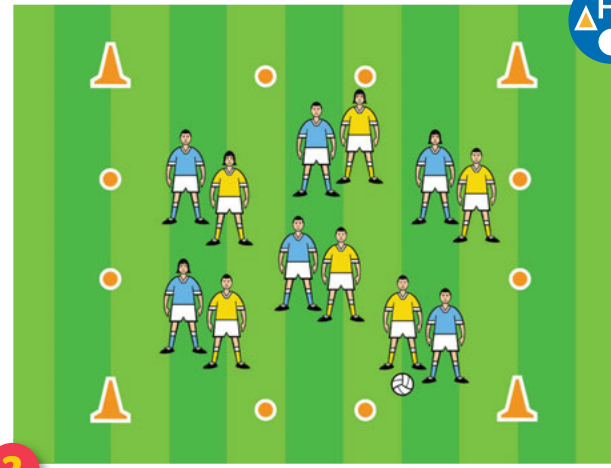
## PUNT KICK DEVELOP THE SKILL



1

### HIT THE CONES

Players attempt to knock over the cones using the punt kick.



2

### FOUR GOAL GAME

Set up 4 goals - 1 in each side of the pitch. Team attack and defend two sets of the goals.



## VARIATIONS

The STEPR method is a simple way to vary any activity, game or drill.

**S**pace **T**ime **E**quipment **P**layers **R**ules

- S** vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity
- T** how long are players working for? Challenge the intensity by reducing the time
- E** alter the equipment. Use a bigger or smaller ball, or playing against a wall may increase or decrease the challenge
- P** increase or decrease the number of players to vary the challenge or introduce opposition, from token opposition to partial opposition to full opposition
- R** adapt the rules of the game to assist with achieving a certain outcome.

## DESCRIPTIVE ICONS



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game

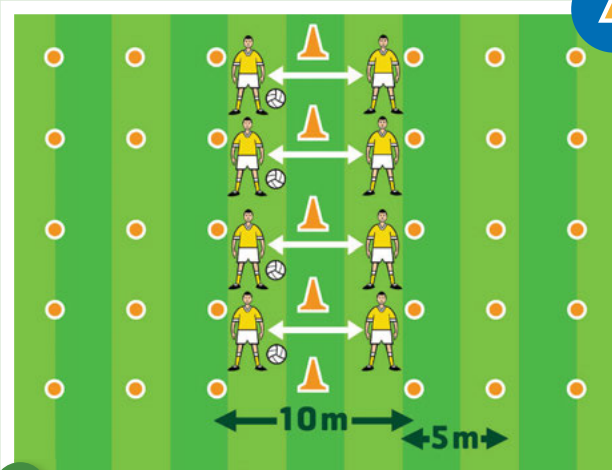


Modified Game



Game Play Routine

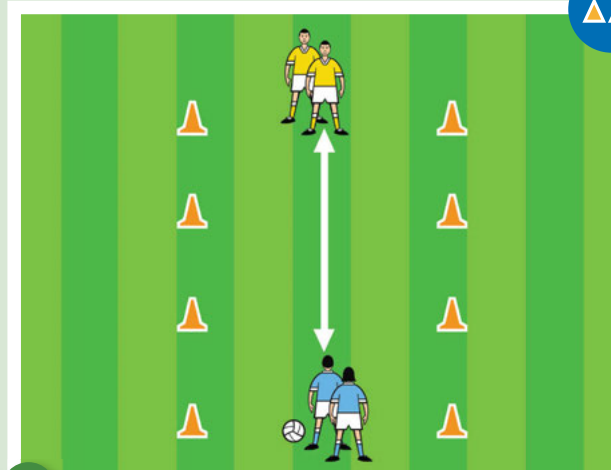
## PUNT KICK PRACTISE THE TECHNIQUE



1

### PARTNER KICK

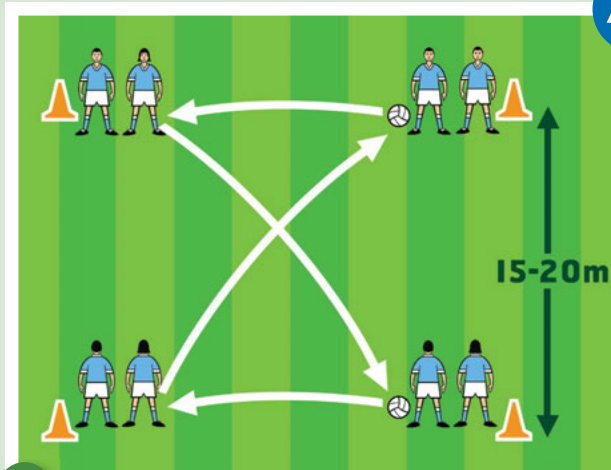
Players in pairs. Mark out various distances. Players to punt kick to partner over each distance.



2

### DOWN THE LINE

Punt kick to partner at other end of the channel.



3

### TURN AND KICK

Ball is punt kicked along the side and across the diagonal.

