PUNT KICK

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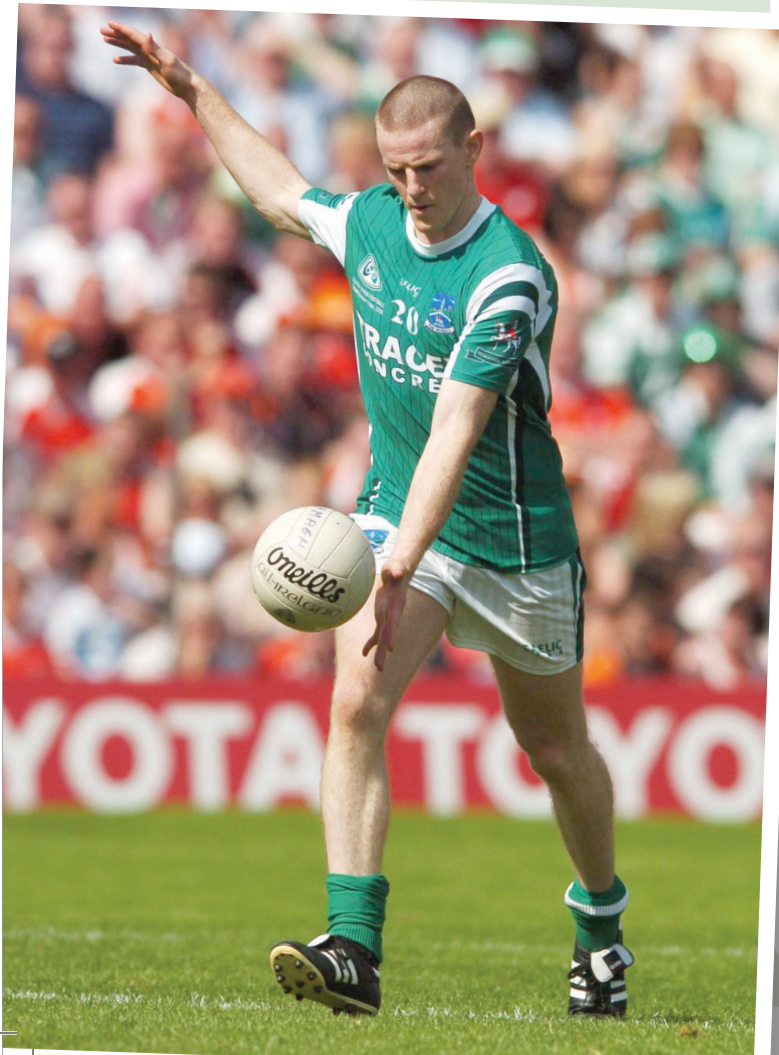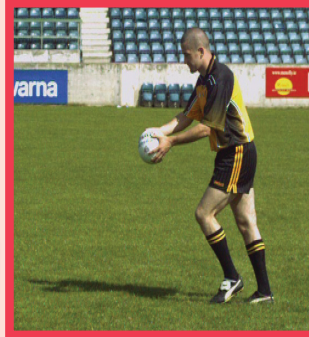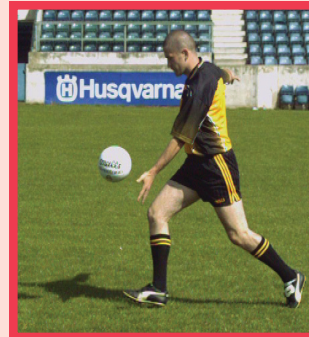
The Punt Kick is one of the most common foot passing techniques in Gaelic football. It may also be used to kick for a score when approaching the goal straight on.
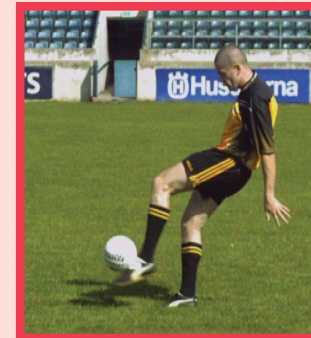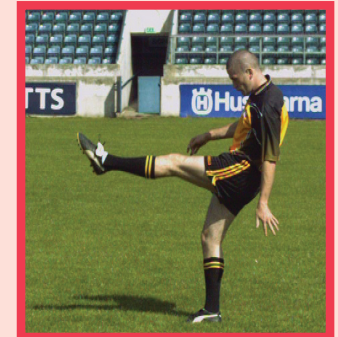

KEY TEACHING POINTS

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.

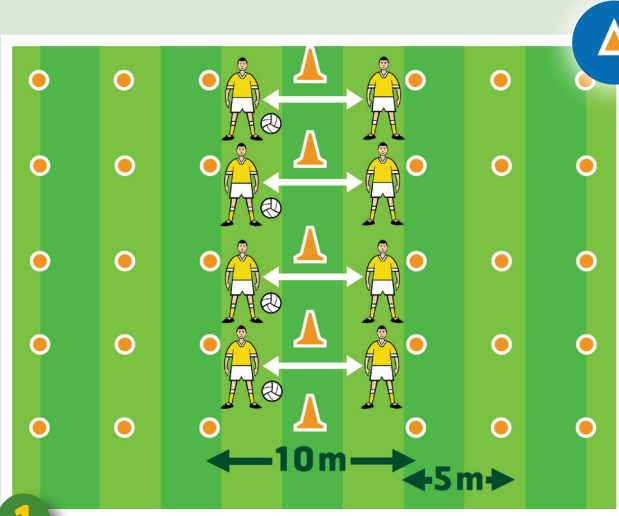Keep toes pointed. Follow through in the direction of the target.

To Coach this Skill use the IDEA method

- **I** NTRODUCE the skill
- **D** EMONSTRATE the technique
- **E** XECUTE the activity
- **A** TTEND and provide feedback

LOOK OUT FOR THESE COMMON ERRORS

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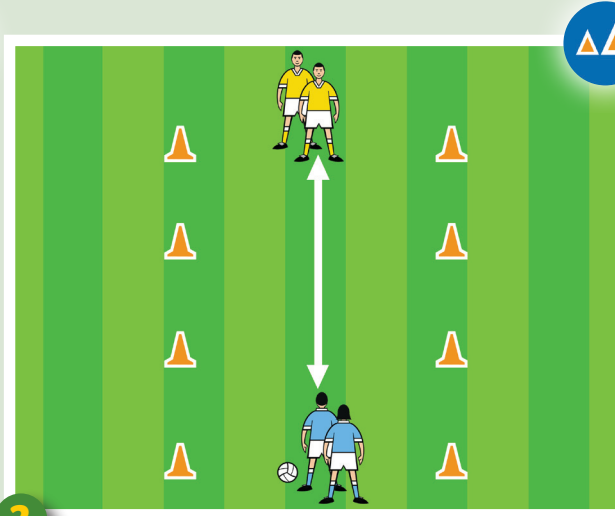- **Not keeping the toes pointed**

PUNT KICK PRACTISE THE TECHNIQUE
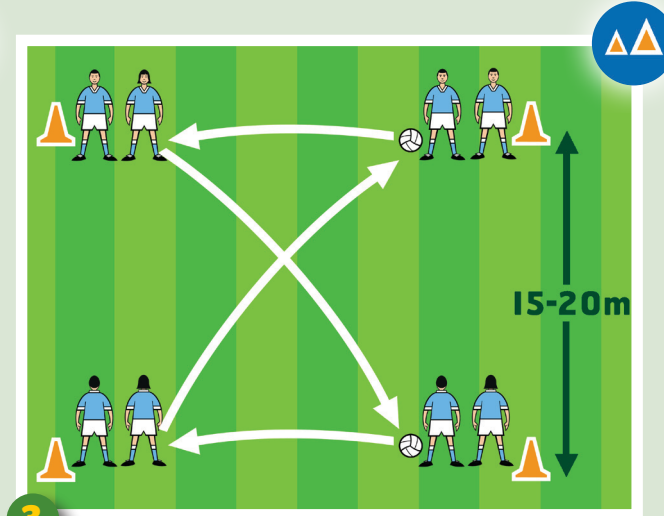
1 PARTNER KICK
Players in pairs. Mark out various distances.
Players to punt kick to partner over each distance.

10m 5m

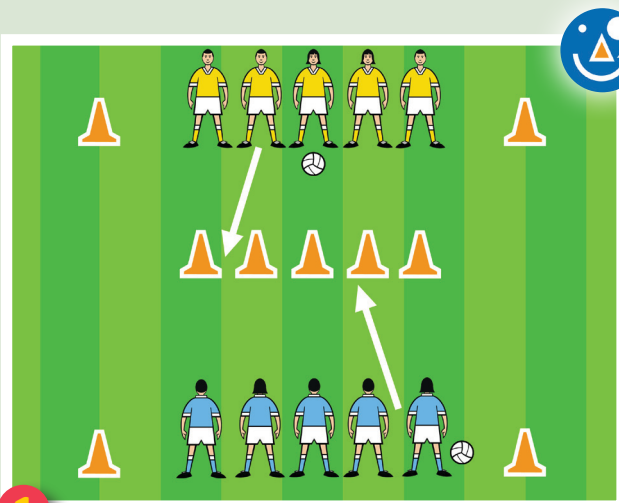**2 DOWN THE LINE**
Punt kick to partner at other end of the channel.

3 TURN AND KICK
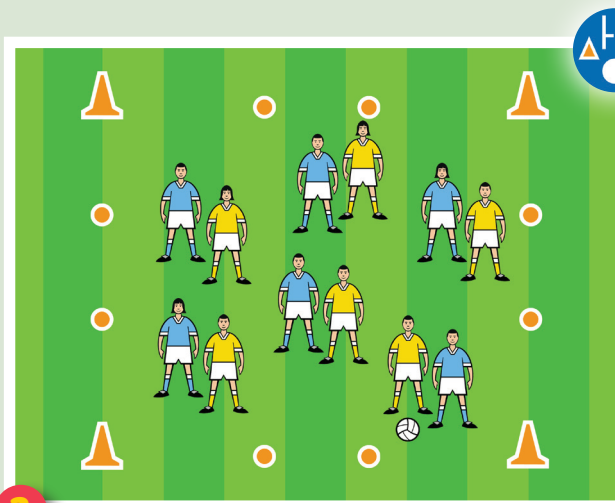Ball is punt kicked along the side and across the diagonal.

15-20m

PUNT KICK DEVELOP THE SKILL

1 HIT THE CONES
Players attempt to knock over the cones using the punt kick.

2 FOUR GOAL GAME
Place 4 goals – 1 in each corner of the pitch.
Teams attack and defend two sets of the goals.

VARIATIONS

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

S pace **T** ask **E** quipment **P** layers

S vary the size of the playing area. Increasing the size can reduce the difficulty, decreasing the size can increase the intensity

T alter the task that players are expected to perform. Change the skill, add in additional skills or movements or alter the rules

E alter the equipment - use a bigger or smaller football, 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.

DESCRIPTIVE ICONS

| Basic Drill | Intermediate Drill | Advanced Drill | Fun Game | Modified Game | Game Play Routine |