

13. Punt Kick



Release ball into the hand at kicking side



Step forward with non-kicking foot



Kick ball with instep



Toes pointed, follow through

- ❖ Introduce
- ❖ Demonstrate
- ❖ Execute
- ❖ Attend



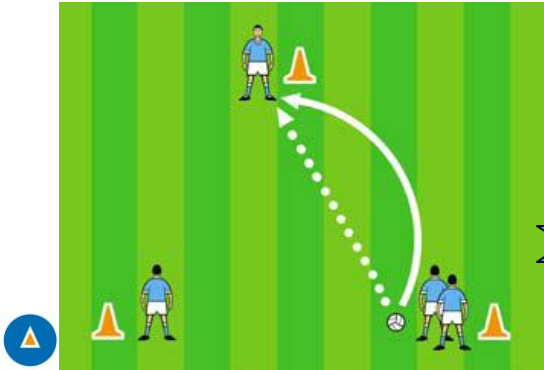
The Punt Kick is one of the most common foot passing techniques in Gaelic Football. It may also be used to kick for a score when approaching the goal straight on.

Look out for:

- Lifting the head too early
- Dropping the ball with the opposite hand to kicking foot
- Toes not pointed

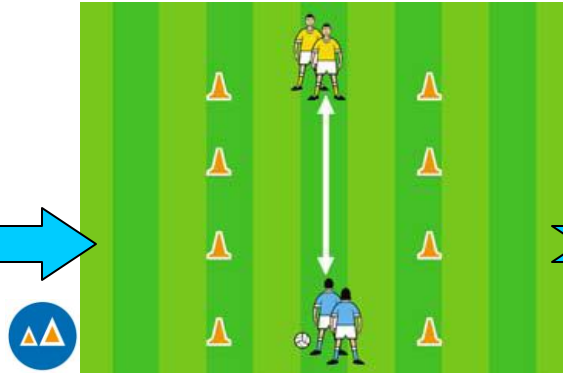
Punt Kick

Practice the Technique



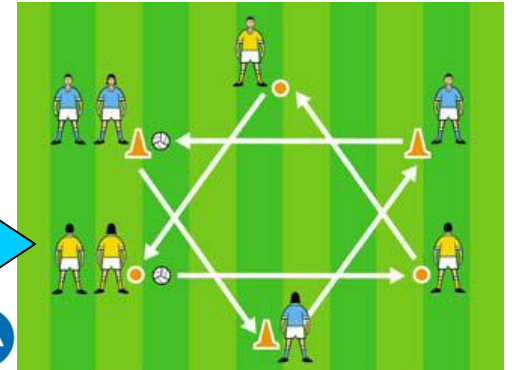
Pass and Follow

Each player Punt Kicks to the next player and continues to that line



Down the line

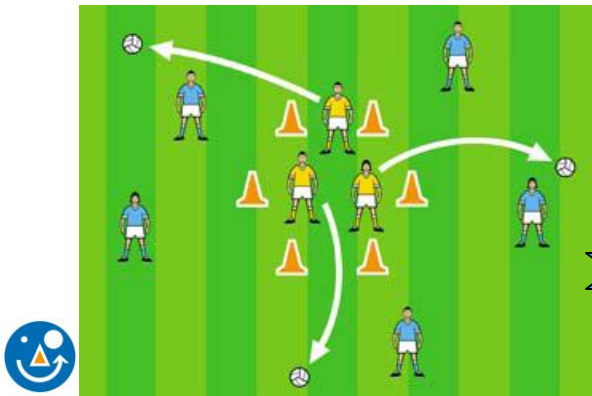
Players move forward and Punt Kick the ball to the next player and join the back of that line



Six Star Drill

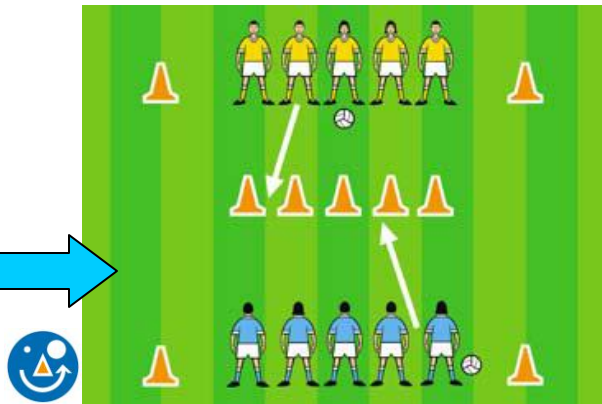
Players Punt Kick to the player at the second marker on their right and joins that line

Develop the Skill



Empty the Circle

Players in the circle keep the circle clear by Punt Kicking any balls out of it.



Hit the Cones

Players Punt Kick the ball to hit the cones in the middle

STEP



Basic Drill



Intermediate Drill



Advanced Drill



Fun Game



Modified Game



Game Play Drill