

KICKING REMEDIATION TABLE



FAULT	EFFECT ON KICK	SUGGESTED CORRECTION
1. Excessive Ball Movement	<ul style="list-style-type: none"> - Poor contact angle to foot - Excessive lateral movement away from kicking leg-Hook - Affect total body balance 	<ul style="list-style-type: none"> - Concentrate on alignment with kicking foot <p>9,12</p>
2. Running at angle to target	<ul style="list-style-type: none"> - swinging action on kick - hook 	<ul style="list-style-type: none"> - use of cone corridor - step on kicking foot - two goal posts 1m apart <p>9, 12</p>
3. Early or poor ball release	<ul style="list-style-type: none"> - poor angle of contact with foot - Esp. Critical on the run 	<ul style="list-style-type: none"> - hand on bottom half of ball - improve webbing - size of ball - See "9" & "10" <p>2, 3, 4, 8, 10</p>
4. Planted foot across kicking foot	<ul style="list-style-type: none"> - swinging action on kick - hook 	<ul style="list-style-type: none"> - line along running path not to be trodden on <p>9,12</p>
5. Body too upright on release	<ul style="list-style-type: none"> - Reduces length and increases height 	<ul style="list-style-type: none"> - "Sniff the Ball" - Extend planted foot further <p>7, 10</p>
6. No rhythm in run up - Stutter	<ul style="list-style-type: none"> - reduces length and increases height 	<ul style="list-style-type: none"> - cadence cones - cadence tape - Proprioceptive techniques ie run up with eyes shut <p>5</p>
7. Weak ankle impact with ball	<ul style="list-style-type: none"> - reduces length and accuracy 	<ul style="list-style-type: none"> - "point toe at target" - Sound at impact <p>1, 10, 13</p>
8. Toe pointed at sky on impact	<ul style="list-style-type: none"> - increases height - reduces distance 	<ul style="list-style-type: none"> - As above
9. No counterbalance arm	<ul style="list-style-type: none"> - poor kicking balance - lack of distance - reduces accuracy 	<ul style="list-style-type: none"> - holding on to upright post with non-guiding hand and off one step, kick the ball <p>8, 10</p>
10. No drive from upper leg ie snapping at kick with lower leg	<ul style="list-style-type: none"> - reduces distance - kick too flat 	<ul style="list-style-type: none"> - As above - "kick with knee" <p>1, 8, 10</p>

KICKING ACTIVITIES SHEET

- 1. no step kicking** - Kick to position 10m apart without taking a step. Make sure ball does not go over head height. When mastered back to 15, 20, 25 meters.
- 2. grip work and ball handling** – ball handling activities designed to improve the control of the ball and spread the webbing of the hands. Figures of eights, palming ball from one hand to another, through the legs etc etc – all the ball movements should have the ball in the correct orientation for a drop punt kick.
- 3. kick to self** – 30 each leg – support leg must move off spot – designed to develop control in support leg and improve ball guiding to foot.
- 4. kick 20m off one step, 30 @ leg work on balancing leg** – designed to improve balance on support leg and guiding off the ball – start in kicking position and advance only one step before kicking the ball 20m
- 5. triangle kick – three players-15m apart-kick off 1 step and concentrate on landing kicking foot run to target partner** – designed to kick when changing direction, landing on kicking leg and following kick, When players have run to target partners cone they must then run back the cone they kicked from to receive the next kick
- 6. solo run x4 over 40m** – designed to develop ball control to foot when on the run and develop the ability to “weight the kick” ala Gaelic football skill
- 7. kicking into hoops, bins or handball target – various distances and depth perception work** –designed to develop kicking control and weighting of kick.
- 8. kicking off 1 step with balancing hand on post or fence – encourages counterbalance, hand and ball guidance** – designed to improve support leg balance position and improve guiding ball to foot. Also, isolates the critical point of the kick- impact – and allows players to “square up” on impact.
- 9. kick at goal through goal posts 2m apart and 20m away** – designed to improve players ability to square up the kick and run in a straighter line prior to impact
- 10. Kick for distance hanging off support leg – encourages greater thigh use in kicking** – designed to recruit more upper leg, torso and buttocks movement to generate leg speed and therefore improve distance. Improve support leg strength and technique and focuses on the critical point of the kick impact – and allow players to “square up” on impact.
- 11. Tennis Ball Kick** – designed to improve hand and foot co-ordination to strike the ball at the “sweet spot”
- 12. Pole Kick** – a ten metre pole is placed in the middle of a circle of players, each 15m away from the centre of the pole. Designed to improve accuracy.
- 13. Trajectory Kick** – kick at target above ground from various distances – similar to activity #7, but also encourages different types of kicking trajectories include flat, hard kicks and loopy, weighted kicks. eg. Kicking into basketball hoops, piercing gaps in walls, kicking flat under a ceiling.