



Kick-outs & Midfield Co-ordination

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Course Outcomes

- Understand the need to have systems for kick-outs/Puck-outs
- Number of Options for Kick-outs/Puck-outs
- Be able to relate to scenarios and encourage communication among Players
- To be able to counter Opposition Kick-outs/Puck-outs

Scenarios/Problems On Our Kick-outs/Puck-outs

- Our Midfield will struggle in Air
- Opposition are strong on the Break Ball
- Opposition playing with a Player sitting
- Opposition has 1 excellent Fielder
- Opposition are down to 14 Players
- Our Team are down to 14 Players



Scenarios/Problems On Opposition Kick-Outs/Puck-outs

- Opposition 2 Great Fielders in Midfield
- Opposition are strong on Break Ball
- Opposition are playing with 2 Players 45inside our
- Opposition are Kicking/Pucking Short
- Opposition down to 14 Players
- Our Team down to 14 Players
- Opposition Goalkeeper excellent at finding his Man
- Opposition outfield Player takes kick-outs/Puck-outs
- Opposition kicking/Pucking to the Wings
- Opposition kicking/Pucking to Tall wing half Forwards
- Opposition Goalkeeper takes very quick kick-outs

Goalkeepers Signals

- How he/she carries Ball
- Colour of Marker
- O'Neill's on Ball
- Shape/Movement moving up to kick/Strike Ball
- Rub of Body Part
- Hand Signal
- Hand Goalkeeper carries the kicking Tee/Marker

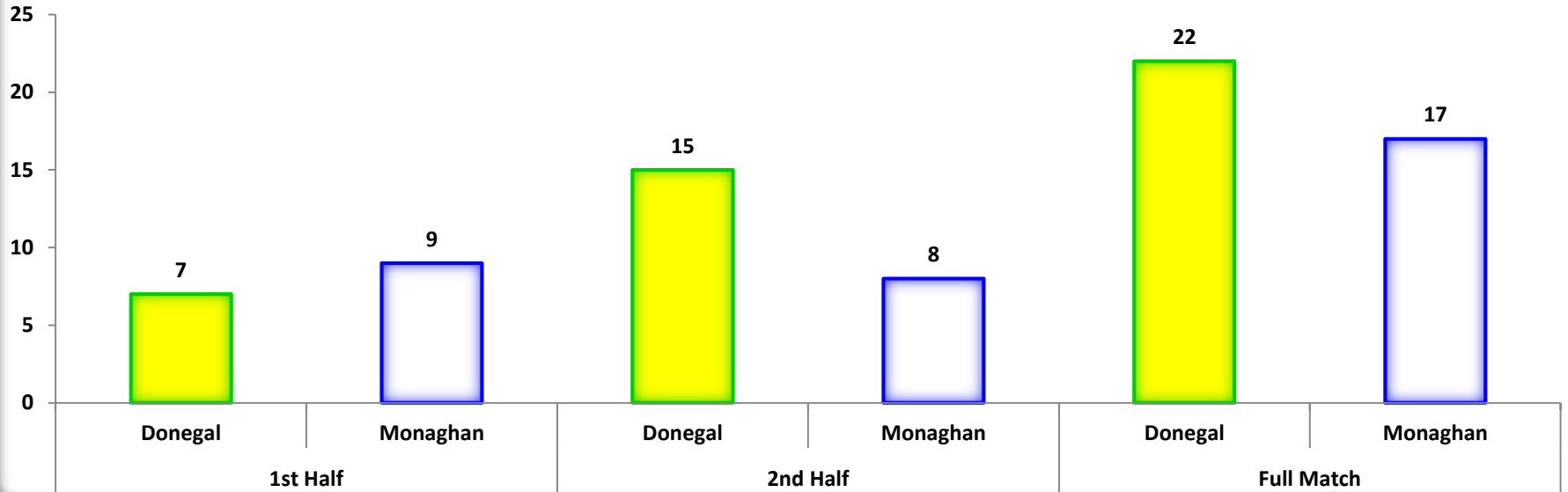


Games to Improve Kick/Puck-Outs

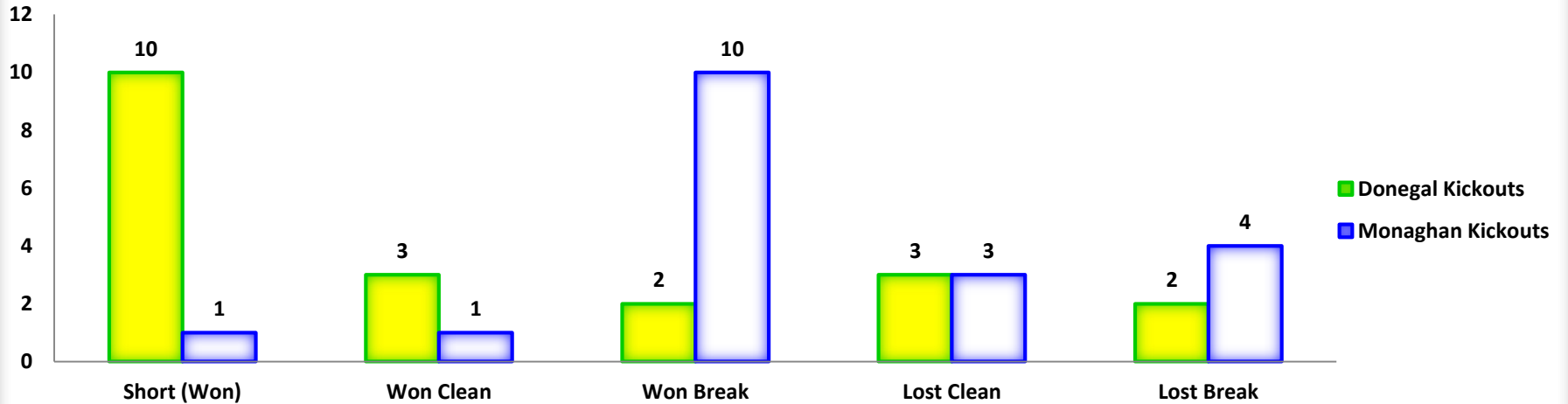
- Who's attacking/defending
- Gates game
- Full ground drill (no pressure)
- Full ground drill (pressure)
- Total football/hurling



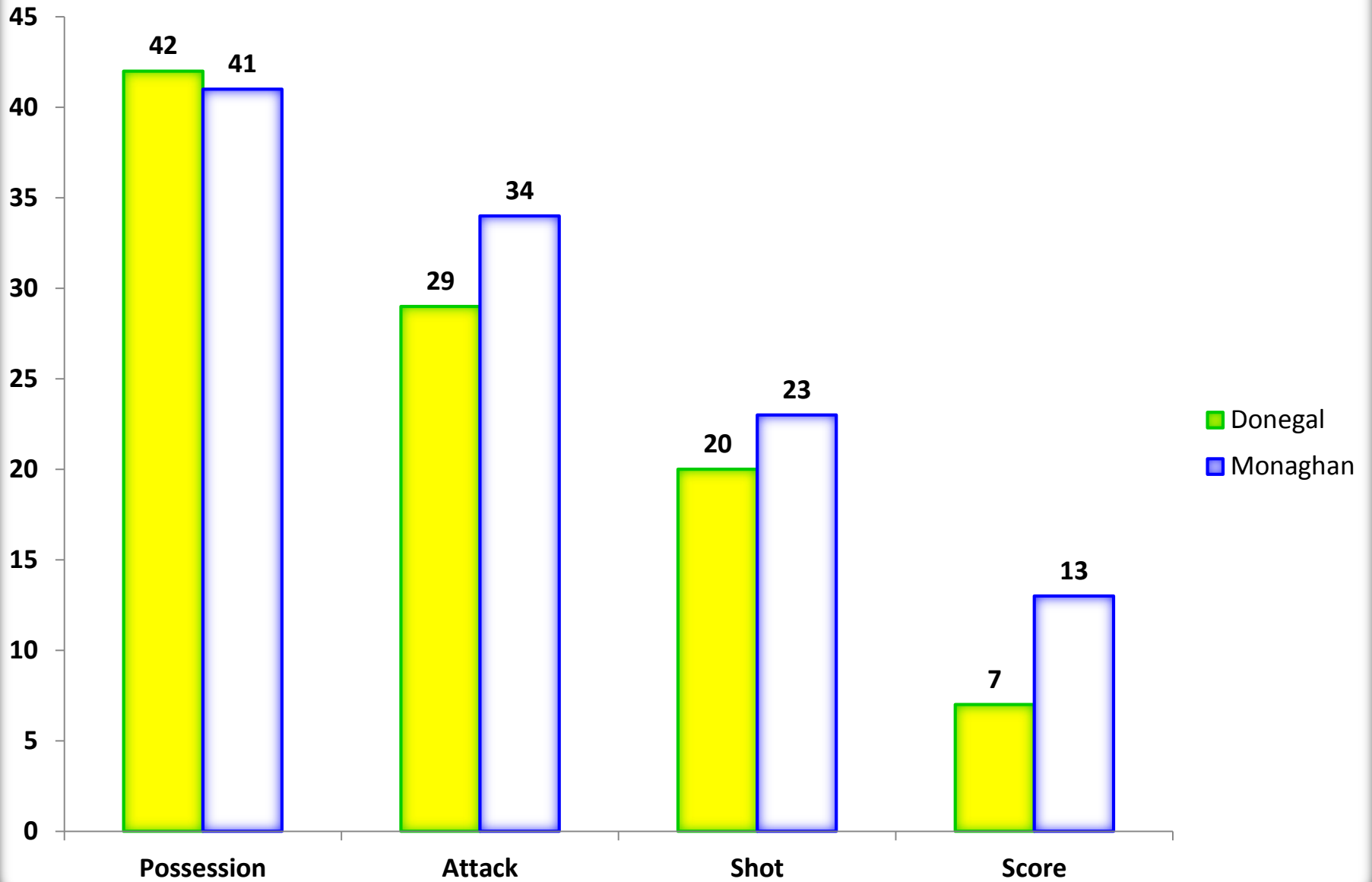
Kickouts Won



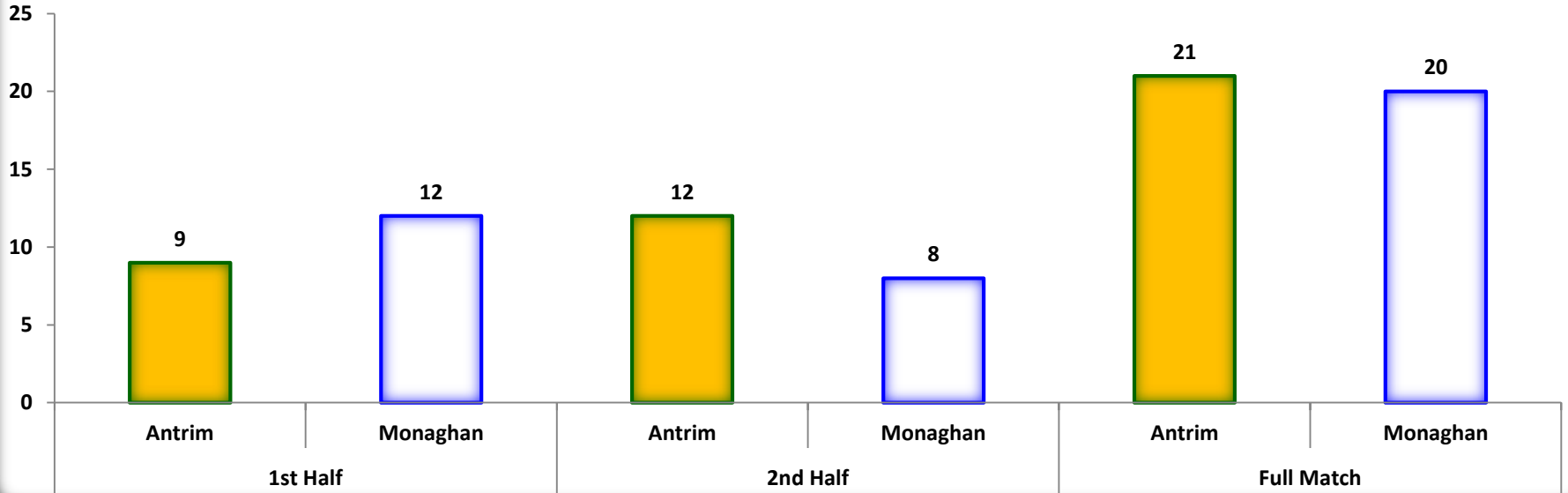
Kickout Breakdown



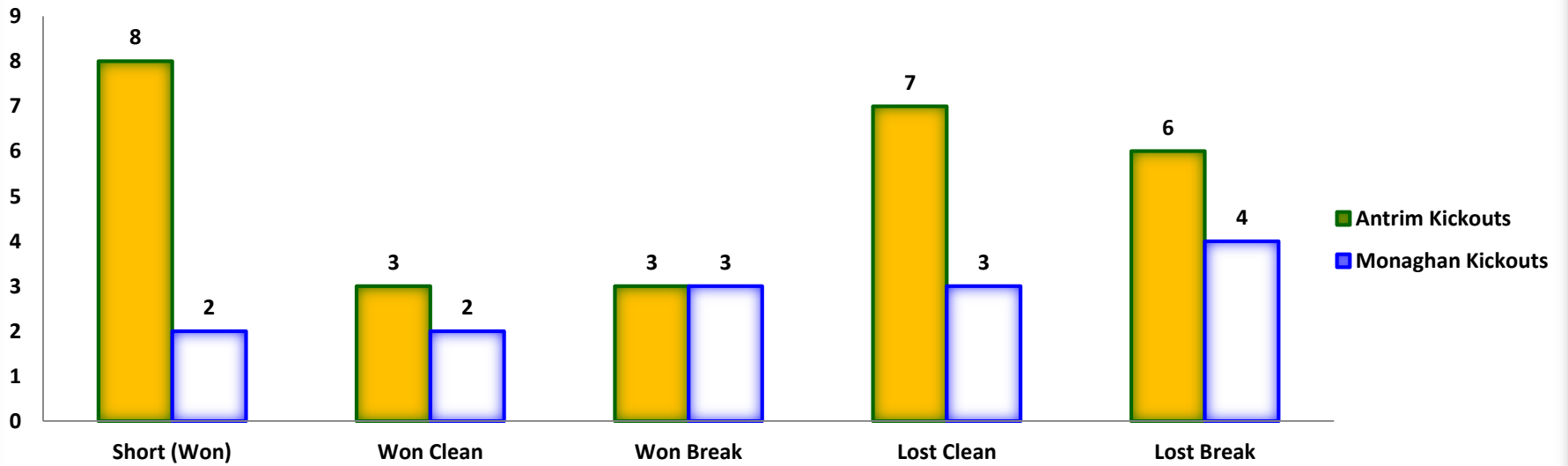
Team Comparison: Possession to Scores Ratios



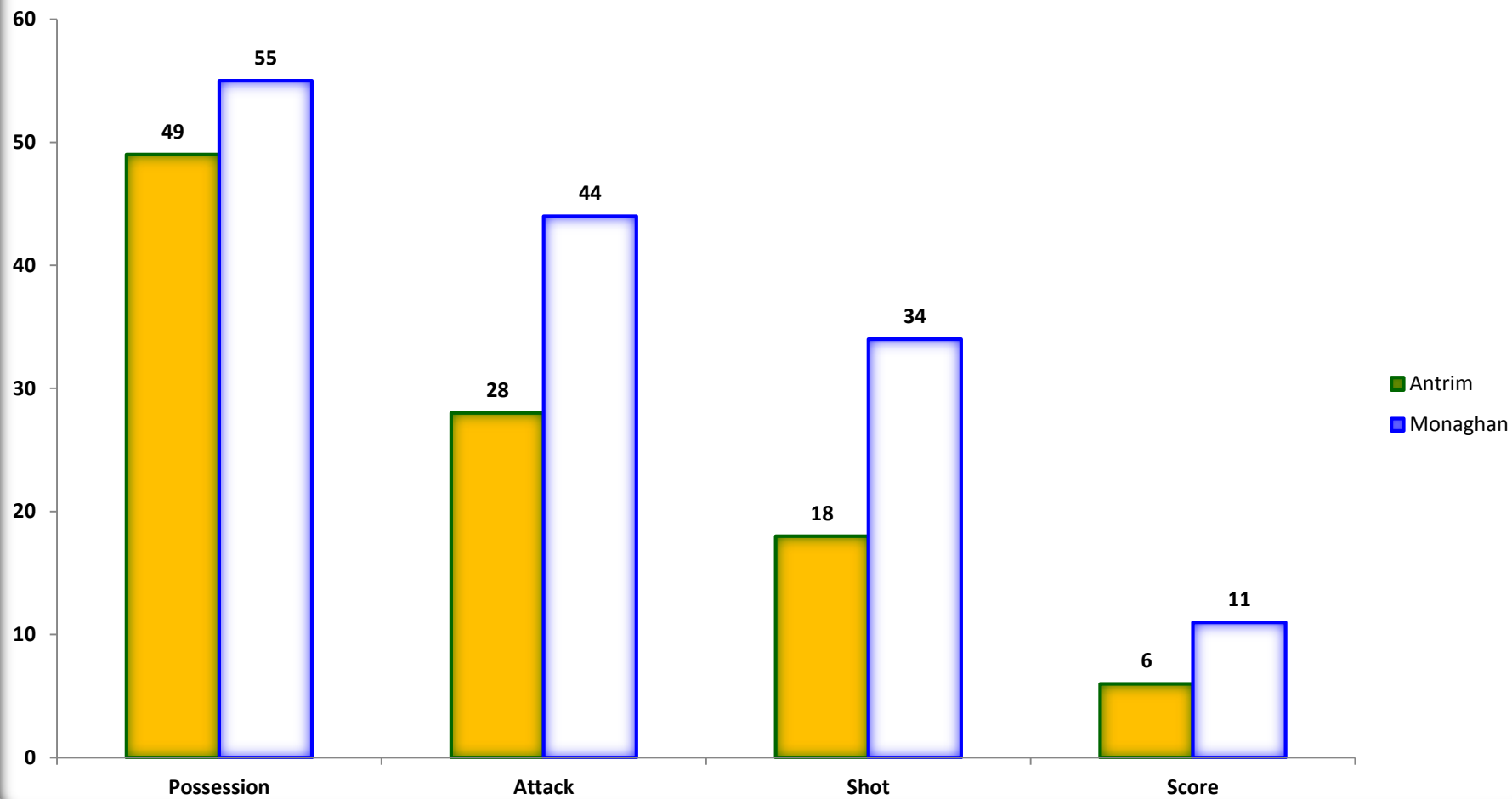
Kickouts Won



Kickout Breakdown



Team Comparison: Possession to Scores Ratios



Questions

