

@GAAGAMESENSECOACHING



“

THE MINI  
KICK OUT  
Manual

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Ideas, Tactics and  
Strategies for Gaelic  
Football Kick Outs

## Introduction

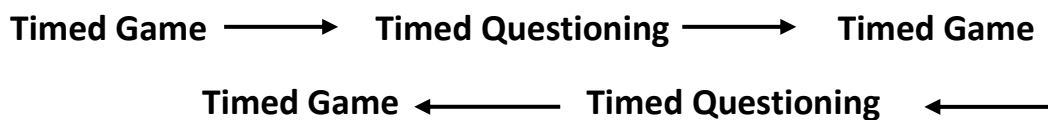
The purpose of this mini manual is to provide coaches with ideas on how to coach the kick out or restart in Gaelic Football.

This manual comprises of eight games that can be used or adapted to suit the coach's needs. Games are utilised in this manual in order to develop decision making, tactical awareness and enjoyment of players.

Designing a game to work on kick outs or indeed any aspect of the game of football can seem tricky in the beginning but like anything, the more you practice it, the better you will become at it.

Along with the games provided, there are also questions included that you might like to use, to develop your players as key stakeholders in their own improvement.

The following format is advised when using game based activities:



In using this model, it gives the coach the opportunity to assess learning from the first game to the second game or even third game, if so desired.

Any kick out plan should also draw on the following principles of play:

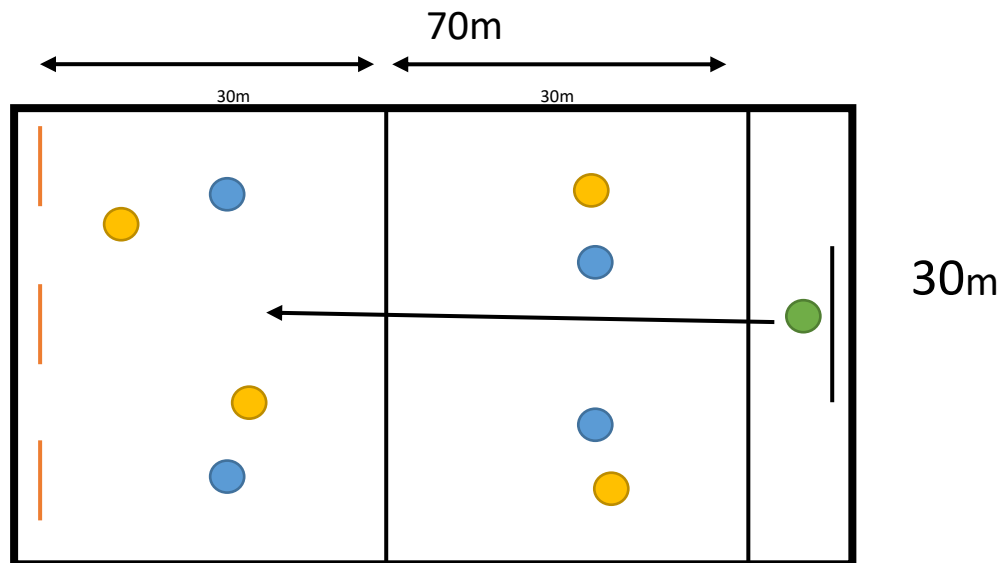
- Work as a Unit
- Every player has to look like they are an option
- Look to go long after 10 seconds
- Create overloads, mismatches and space
- The keeper is the decision maker

Best of Luck,

David & Stephen. (gaagamesensecoaching@gmail.com)

## Game: Delivery

### Main Themes: Kick Outs/Breaking Ball/Delivering the Ball



**Set-up:** 70m x 30m pitch. 4 v 4 game and 1 keeper ●. 3 x 2 min games or 6 or 8 kick outs by the keeper. 1 ½ min break between each game for questioning.

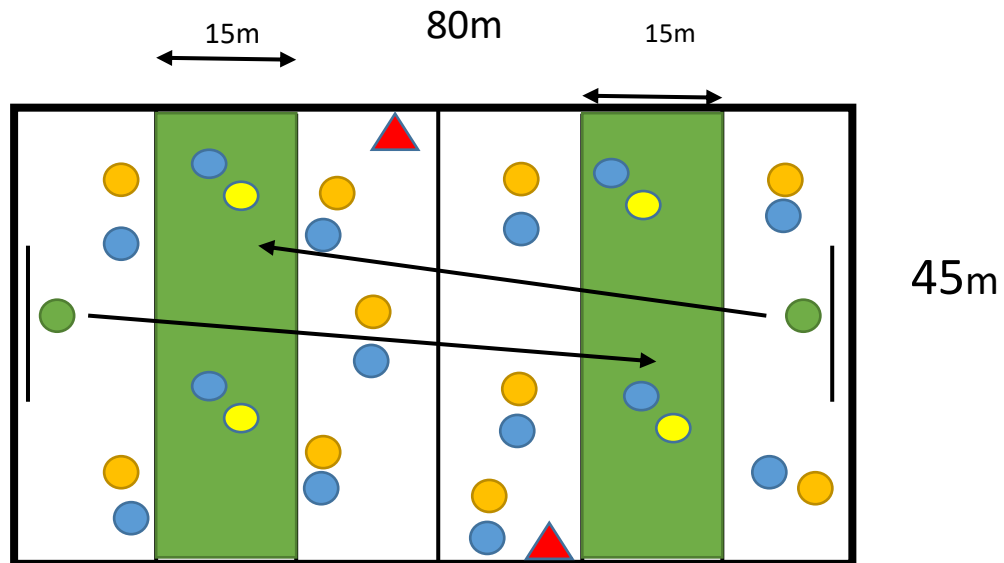
#### **Game:**

- Game starts with a long kick out to middle.
- Whichever team wins possession must pass a ball to inside forward v defender.
- Attacker must score point and can be supported by team mates, including those who delivered the ball.
- If defenders intercept or turnover, they must carry the ball through one of three gates.

**Sample Questions:** Where should I position myself to win breaking ball? Can I knock a ball down to a team mate? What should I do in order to make this successful? If we lose possession, what should we do? What do we do if we win possession?

## Game: Double Kick

### Main Themes: Kick Outs/Breaking Ball/Defending as a Unit



**Set-up:** 80m x 45m grid split in half. Two green zones marked out in each area, as shown above. 7 v 7 game and 2 keepers ●. ▲ = sweeper who plays with team in possession. 3 x 3 min games or 6 or 8 kick outs by each keeper. 1 ½ min break between each game for questioning.

**Remember: Alternate floater when necessary. Rotate players in green zone.**

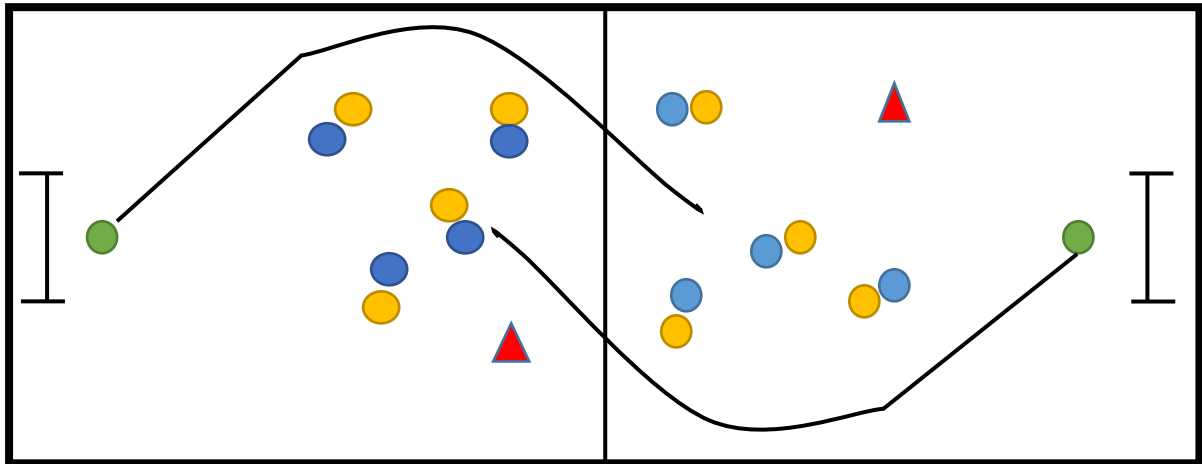
#### Game:

- Game starts with a kick out from each end. Keepers must kick to the opposite green zone. They are not playing with any team.
- Only 4 players allowed inside the marked zone.
- Team that wins possession tries to work a score.
- Floater plays with team in possession but cannot score or compete for kick out.
- Turnover = team in possession try to score.

**Sample Questions:** Where should I position myself for winning a breaking ball?, How important is calling your name?, How can you ensure that you know where your man is?, What do we do if we lose the break?, What do we do if we win the break? What area should we try and keep clear?

## Game: Breaking Ball

### Main Themes: Set Pieces/Communication/Breaking Ball



**Set-up:** You'll need mini goals/poles for this game. Two 30m x 45m areas

(played across the pitch works well). 4 V 4 in each area + 2 keepers ● in goals.

Change the numbers & dimensions to suit your needs. A floater is included to ensure a greater chance of success when building a score. Change the floater regularly. As a progression, the floater can be removed. Try and have a different pair contesting the kick out every time. 1 Game = 6 kick outs (reset after each kick out) followed by 1 min questioning. I usually play 4 games.

### **Game:**

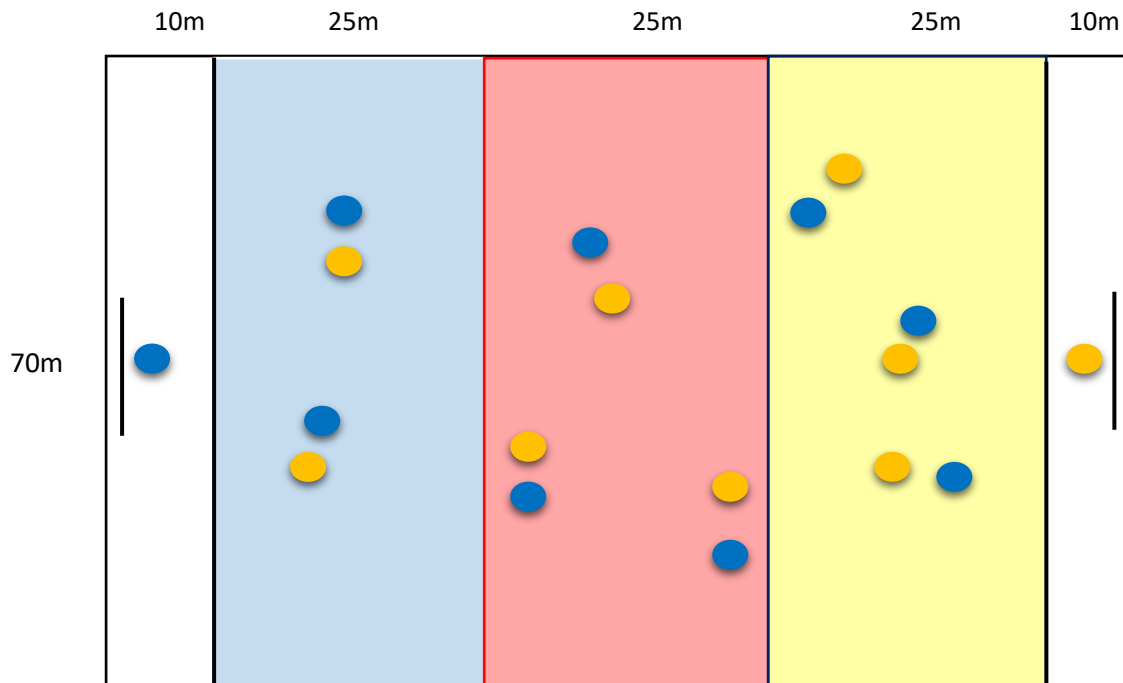
- Game starts from both ends. Keepers are not playing with any team.
- Keepers kick the ball into the opposite square. Players contest the kick out.
- Once possession is won, teams must try and build a score into the goals on their side.
- Floater ▲ plays with the team that wins possession & cannot contest the kick out or score.

### **Sample Questions:**

Where should you position yourself for the breaking ball?, What's important when contesting kick outs?, When we win possession what should we do?, Who should go up for the ball?, Where is the danger if we don't win possession?

## Game: Kick Out Rewards

Main Themes: Set pieces/Communication/Working as a unit/Creating space



**Set-up:** This game is ideal for practising a kick out strategy and kick out levels. 8 v 8 outfield players & 2 keepers. The game can be played across the pitch. Change the dimensions to suit your needs. The focus of this game is on kick outs, so play 6 kick outs each rather than a timed game.

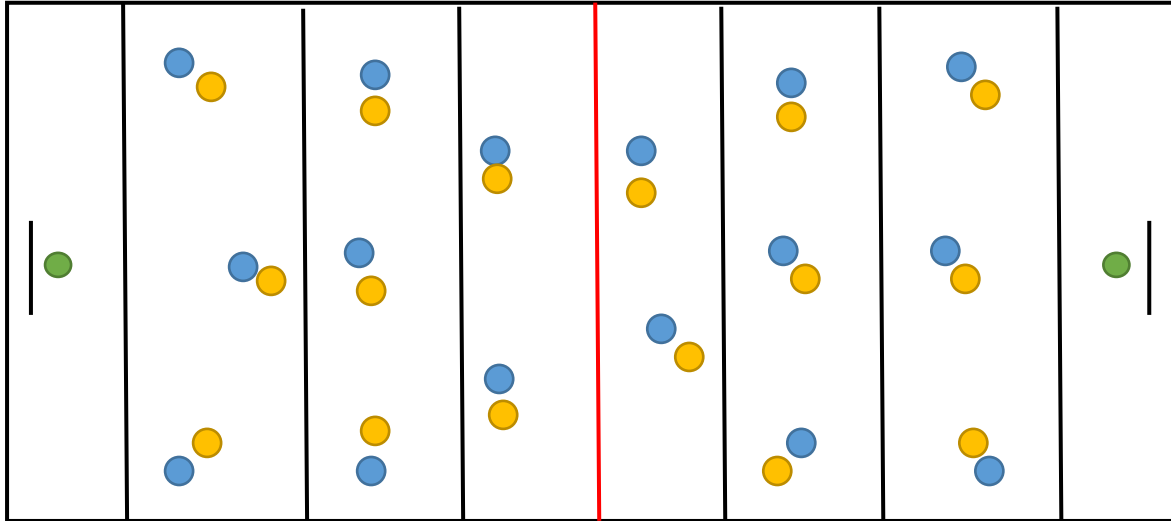
### Game:

- Game starts with a kick out. Pitch is divided into 3 zones.
- 1<sup>st</sup> Level (closest to keeper) – Short kick outs, 2<sup>nd</sup> Level (Red) – Medium length kick outs, 3<sup>rd</sup> Level (furthest from keeper) – Long kick outs
- Team is rewarded for kick outs into zones.
- 1 point for successful kick out into 1<sup>st</sup> level, 2 points for successful kick out into 2<sup>nd</sup> level, 4 points for successful kick out into 3<sup>rd</sup> level.
- Normal game after the kick out with team in possession trying to work a score.

**Sample Questions:** Where is the easiest place to kick the ball?, How important is the keeper's kicking foot?, How can we get the ball into the 3<sup>rd</sup> zone?, How can we create space for a kick out?, Where should you stand if the ball is kicked out long?, When we win the kick out, what do we need to do?, What is the advantage of kicking it short?, What is the disadvantage of kicking it short?

## Game: 7 Seconds

Main Themes: Kick outs/Communication/Working as a unit/Creating space



**Set-up:** 8 v 8 outfield players & 2 keepers. The game can be played on the full pitch. The focus of this game is on kick outs & deciding when to kick. 3 x 3 minute games with 1½ minutes for questioning.

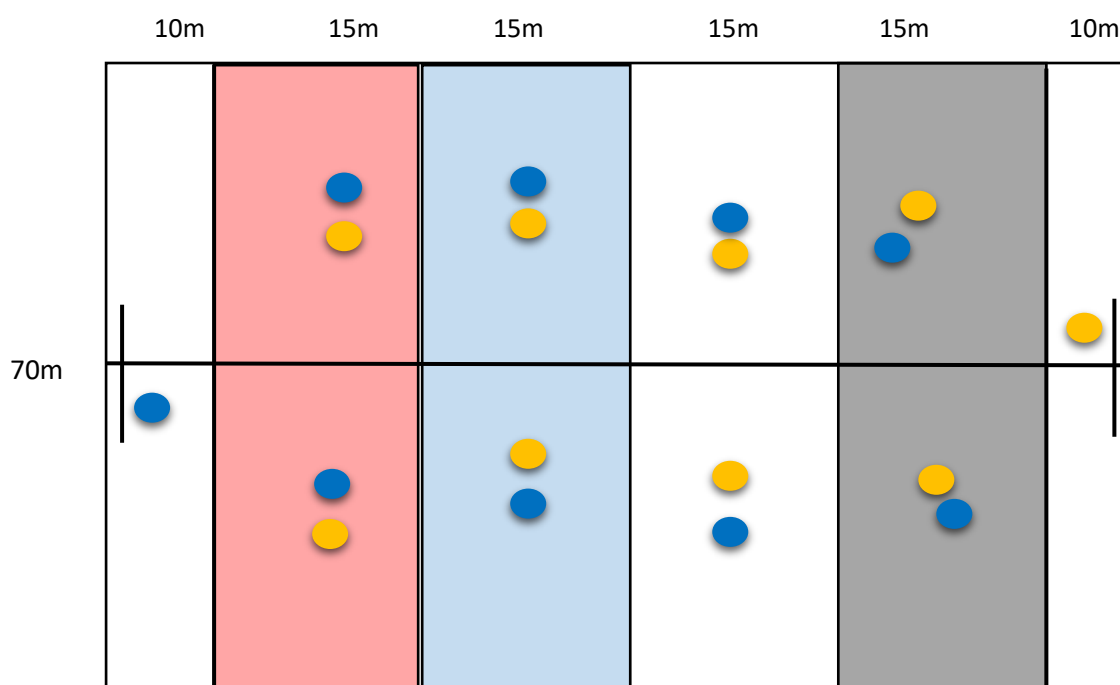
### **Game:**

- Game starts with a kick out from both ends.
- Each player on both teams is assigned a number from 1-8.
- Each team receives every second kick out.
- Coach calls any two numbers from 1-8. The receiving team tries to get either of those players in a position to win a kick out within 7 seconds (Coach counts out loud). If not, ball goes long.
- The team that wins the ball have a specific time limit to achieve a target.
- **Examples:**
- If the kick out is won by the receiving team: Build the ball out through gates at halfway, move the ball from one wing to the other, maintain possession for a certain time
- If the kick out is won by the opposing team: Score

**Sample Questions:** How can we free the player?, How important is creating space?, Can I make a dummy run?, Where's the worst place to attempt a short kick out?, Should I kick to a man under pressure?, What do I do if the short isn't on?

## Game: Zone Reward

Main Themes: Set pieces/Communication/Working as a unit/Creating space



**Set-up:** This game is ideal for practising kick outs & encouraging movement from all players for a kick out.

Numbers 8 v 8 up to 12 v 12 outfield players & 2 keepers. Change the dimensions based on your numbers. The focus of this game is on kick outs, so play 6 or 8 kick outs each rather than a timed game. The area is divided down the middle to encourage lateral movement.

### **Game:**

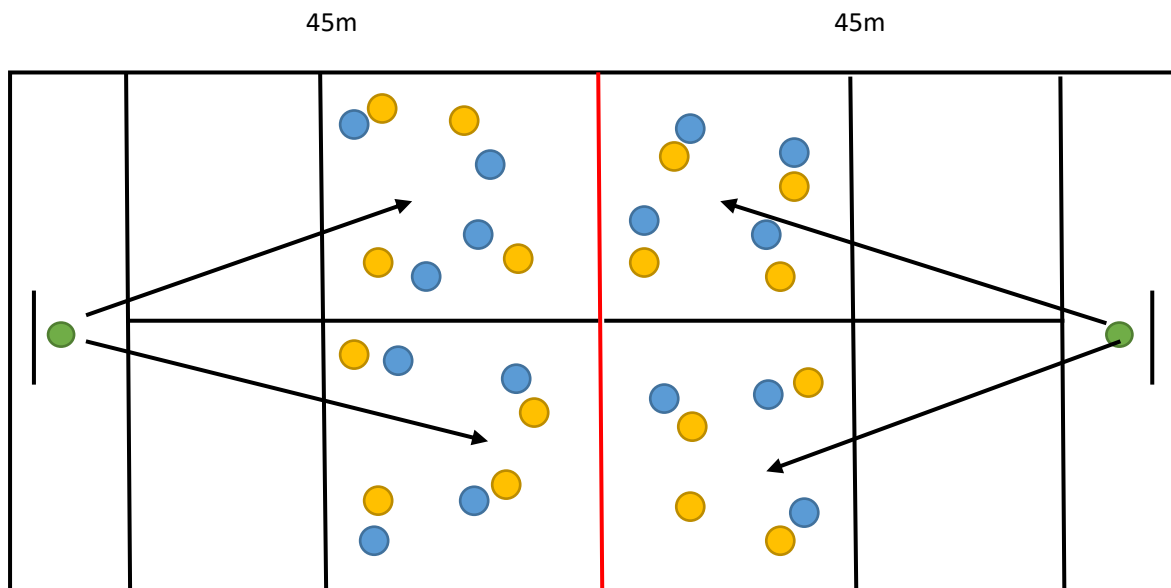
- Game starts with a kick out.
- The keeper can kick to any of the 4 zones.
- A successful kick out to the first zone is worth 1 point, the second zone 2 points, the third zone 3 points and the 4<sup>th</sup> zone 4 points.
- Game continues as normal after the kick out.

**Sample Questions:** Where is the easiest place to kick the ball?, What does overload mean?, What is a match up?, How can we create space for a kick out?, Where should you stand if the ball is kicked out long?, When we win the kick out, what do we need to do?, What is the advantage of kicking it short?, What is the disadvantage of kicking it short?



## Game: 4 Quarters

### Main Themes: Kick outs/Communication/Attacking/Defending



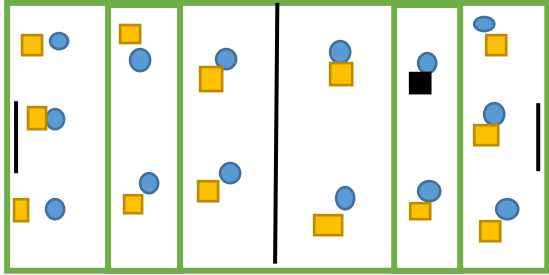
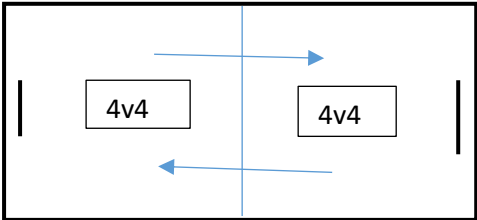
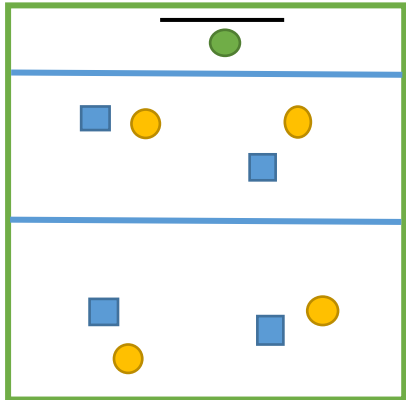
**Set-up:** Split up the pitch into four quarters from '45 to midfield as shown. 4 v 4 in each zone & 2 keepers. The focus of this game is on long kick outs & breaking ball. Play for numbers of kick outs instead of time. 1½ minutes for questioning.

#### **Game:**

- Game starts with a whistle from coach.
- On the first whistle, keeper kicks to one 4v4 zone
- Team that wins the ball must try and work a score. They must stay within their half of the field.
- On the second whistle, keeper kicks to the second 4v4 zone and the same scenario plays out.
- **Progression:**
- On the first whistle, keeper kicks to one 4v4 zone
- Team that wins the ball must try and work a score. They must stay within their half of the field.
- On the second keeper kicks to the second 4v4 zone & both zones work together to score or defend.

**Sample Questions:** Where should I position myself to win a breaking ball?, Can I knock a ball down to a team mate?, How will that happen?, If we don't win possession, what is my job?, What should I do if we win possession?, how can I communicate effectively in this game?

## Sample Training Session on Kick Outs

<p style="text-align: center;"><b><u>Warm Up (15mins)</u></b></p>	<p>Pre Warm up routine 15 mins/20 mins Dynamic flex &amp; stretch</p>
<p>Initial Game Form (3 x 3 mins) (1.5 min break)</p>  <p style="text-align: center;">(8 v 8)</p>	<p><b>Game focus is Working on breaking ball &amp; defending as a unit</b></p> <p>2 zones : Keeper + 7v7 in each zone with a floater 80 x 45 pitch Game starts with a kick out from each end. Only 4 players allowed inside zone. Team that wins possession tries to work a score. Floater plays with team in possession. If a team turns over the ball they try and score.</p>
<p><b><u>Questions and setting new challenges</u></b></p>	<p>Where should I position myself for winning a breaking ball?, How important is calling your name?, How can you ensure that you know where your man is?, What do we do if we lose the break?, What do we do if we win the break? What area should we try and keep clear?</p>
<p><b><u>Simplified/ Modified Game (3 x 2mins)</u></b> 70m x 30m pitch</p> 	<p>Pitch is split into two halves with keepers. Can be played across the pitch. Keeper on each attempts to kick ball past half way to a team mate. If they win possession they must hold it for 20 seconds. If opposition win possession they must hold it for 20 seconds also. Progression: Keeper kicks ball to team in his own zone</p> <p><b>Questions:</b> How can we create space in this game?, If you can't pin point a team mate with a kick out, what should you do?, As soon as the 20 seconds is up what should you do? How can I knock a ball down to a team mate?</p>
<p><b><u>Progressive game form (3x2mins)</u></b></p> 	<p style="text-align: center;">80m x 40m Pitch</p> <p>Game starts with a kick out to middle zone. Whichever team wins possession must pass a ball to inside forward v defender. Attacker must score point and can be supported by team which delivered the ball.</p> <p><b>Questions :</b> Where should I position myself to win breaking ball? Can I knock a ball down to a team mate? What should I do in order to make this successful? If we lose possession, what should we do? What do we do if we win possession?</p>
<p style="text-align: center;"><b><u>Return to initial game</u></b></p>	