

GAELIC FOOTBALL SKILLS

THE KICK

- **Punt kick** = the most basic of kicks. Involves raising the foot in front of the body and kicking the ball with the instep from the hands (Best used for short distances)
- **Hook kick** = involves turning to the side and hooking the foot.... the shoulder (to achieve greater distance)
- **Free kick** = from the ground up on the hands
There are also penalty kicks in Gaelic football

THE CATCH

- **Chest catch** = basic catch pushing the ball to the chest with both hands
- **Overhead catch** = leaping into the air and passing the ball with both hands

THE LIFT

To lift the ball from the ground into the hands by using :

- **Roll lift** = rolling the ball standing one step behind
- **Chip lift** = chipping the ball from the ground up into the hands (particularly effective in wet conditions)

SOLO RUN

After taking 4 steps the player must **toe-tap** the ball. He can **bounce** the ball after each toe-tap.

THE FIST PASS

Striking motion of one hand to lift the ball off the other hand (used to get out of a tight situation)

THE GOAL

Goals can be scored many distances or angles with either foot or with the hand

THE SAVE

Goal keepers have a task to prevent goals

THE KICKED POINT

- **The kicked point** = kick the ball over the crossbar and the goalposts. Points can be kicked from all distances and angles.
- **The fisted point** = fist the ball over the crossbar to score (when close to the goal)
- **The tackle** = the ball is picked away from the player in possession generally using one hand only
- **Blockdown** = place both hands as near to the ball as possible to block down the kick. Players are allowed to shoulder each other provided they keep at least one foot on the ground.