

Improving Kicking Technique Through Video Analysis

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Introduction

- Who We Are...
- Reasons For Workshop
- Performance Analysis – What is it?



Reasons For Workshop

- ▶ Dying Art in Gaelic Art
- ▶ Coaches & Managers Ignoring the Problem
- ▶ Lack of Time to Coach Players on a One on One Basis: Method To Show This
- ▶ Before Not Practical to Properly Analyse Player's Kicking Technique

What is Performance Analysis

- ▶ Objective rather than Subjective
- ▶ Enhance Coaching Process through Statistical & Video Information
- ▶ Can lead to greater performance impact

What is Performance Analysis

- ▶ Coaches Benefit:

1. Assists in understanding of athletes strengths & weaknesses
2. Enhances their own development and coaching practice
3. Enables in-depth review of performance

- ▶ Never been easier before to use Performance Analysis (Modern Technology/ Smart Phones)

Learning Outcomes Through Case Study

- ▶ What are the Main Facts About Kicking
- ▶ What are the General Teaching Points on Coaching the Kicking Technique
- ▶ What are the psychological factors relating to kicking
- ▶ What is the Ideal Practice Design
- ▶ How to Issue Feedback & Instructions
- ▶ How to implement this in your own club
- ▶ Different Games/ Activities to help improve kicking

Key Facts About Kicking

- ▶ Whole Body Movement
- ▶ Everyone is Different
- ▶ Main Skill in Gaelic Football
- ▶ Stats to Back up the Facts!

Teaching Points when Coaching Kicking

- ▶ Head

- ▶ Hands

- ▶ Feet

Head

1. Look Up – Scan
2. Pick Target
3. Concentrate on Ball Contact
4. **Head Down over Ball**
5. **Eyes on Ball**
6. Head Remains down after Ball to Foot Contact



Hands

1. Hold ball firmly with both hands
2. Release ball into the hand, at the kicking side
3. **Let the ball 'roll off' hand towards kicking foot with wrist extended**
4. Shoulders remain square to the target at all times (punt kick)
5. Extend the opposite arm away from the body to aid balance



Feet

1. Step forward with non-kicking foot
2. Plant non kicking foot in direction you want the ball to go
3. Extend Knee Angle before ball contact – Kicking Foot
4. **Kick the ball with instep (laces) of boot (hard foot)**
5. Follow through with kicking foot (injury prevention)
6. **Keep toes pointed down in direction of target**



Common Faults in Juvenile Players

1. The Run Up
2. Not Using Balance Arm
3. Kicking Foot, Toes not Pointing Down
4. Lack of Follow Through
5. Excessive Ball Movement

Psychological Factors

- ▶ Less is More (Focus On One Area Of the Time)
- ▶ Routine Routine Routine
- ▶ Imagery

Ideal Practice Design

- ▶ Long Term over Short Term
- ▶ Learning is about errors & mistakes
- ▶ Constraints: Player, Task & Environment
- ▶ Variability

Feedback & Instructions

- ▶ Over Analysis is Bad
- ▶ External Focus
- ▶ Question Approach

Practical Example: Case Study

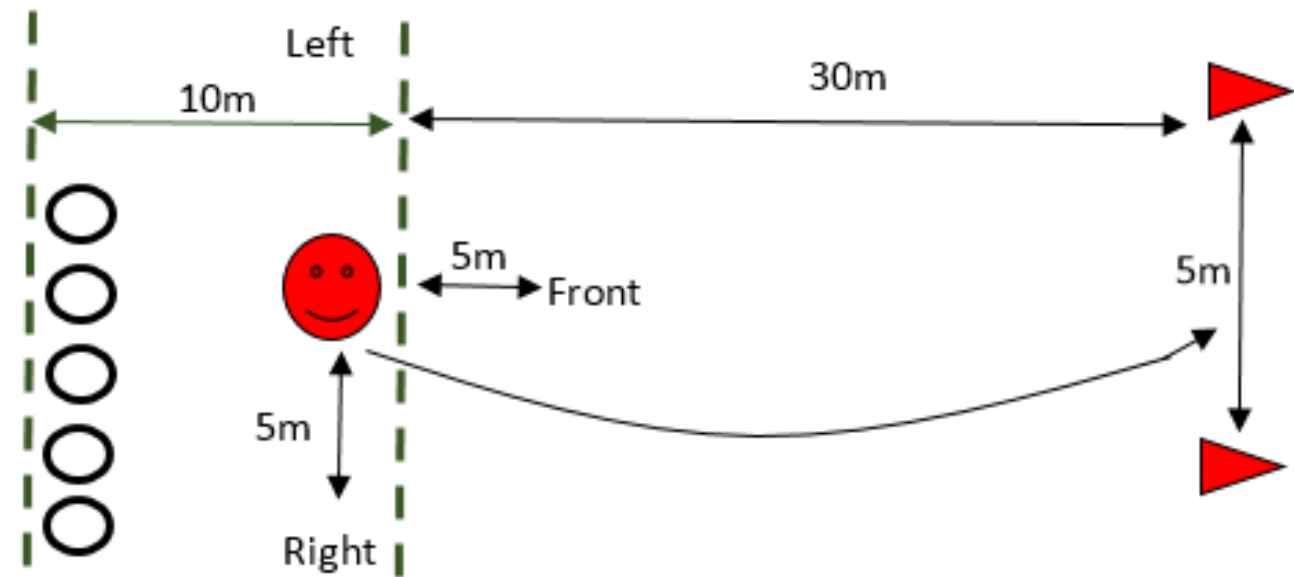
- ▶ Through consultation with U14 Development Squad coaches we picked one player to take part in study.
- ▶ Perceived to have a weak kicking technique.
- ▶ With the help of video analysis, identified key issues with his kicking technique.
- ▶ Created a simple kicking session that player could complete everyday at his house
- ▶ Reassess players kicking technique 3 weeks post intervention.

Objectives of Case Study

- ▶ Create an emphasis on good execution of kicking technique
- ▶ Set appropriate challenge for players that require good technique under pressure conditions
- ▶ Place more value on the coaching of good kicking technique

Testing Protocol

- Set Up Practice Design as shown.
- We explained to player what we were looking for.
- It's very important to tell the player before they complete test that you are looking for accuracy instead of technique.
- Player completed test, we recorded players technique using smartphone/ tablet/ video recorder/ camera.
- Explain to player the real meaning of the test.



Analysis

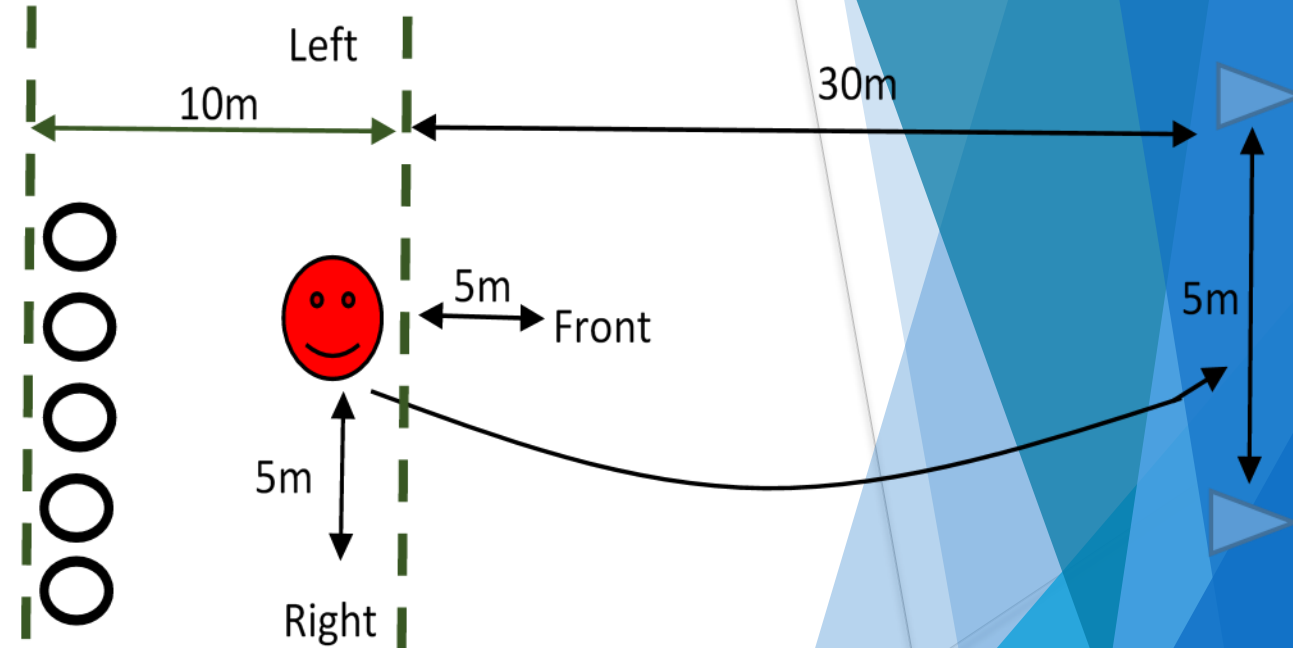
- ▶ Created tagging template for analysis
- ▶ Used this template to tag all videos of players technique
- ▶ Identified main issues with players technique.
- ▶ Created drills/ exercises for player to help improve his kicking technique.

Follow Up

- ▶ After analysis was complete, we pulled player back in & went through drills/ exercises we wanted him to do.
- ▶ Stayed in regular contact with player for next 3 weeks, encouraging him to practise as regularly as he could.
- ▶ After three weeks of practise brought player back in to complete test again.

Follow Up Test

- ▶ Player undertook the exact same kicking test as before.
- ▶ Again told the test was about accuracy. (i.e. how many scores they can get in with the 5 balls)
- ▶ Recorded kicking technique using smartphone/ tablet/ video camera.



Analysis

- ▶ Used exact same tagging template as before to analyse kicking technique
- ▶ Compared results to first test results.
- ▶ Vast improvements both in Technique and most importantly accuracy.

Timescale

- ▶ Record Player – 10 minutes
- ▶ Analyse Kicking Technique – 30 minutes
- ▶ Walk Through Coaching Plan With Player – 15 minutes
- ▶ Overall Timescale – 3 Weeks

How To Implement In Club Setting

- ▶ Spot & Fix Coach (3 Coaches in 1 Session).
- ▶ Skills Coach (Covers All Age Groups)
- ▶ Implement Skills Test for Each Team
- ▶ Identify recent graduates within club (Sports Science) who would be willing to undertake this task.
- ▶ Identify key players within club to undertake programme (Winter Programme)

Kicking Programme That Can Be Used In Club Setting

- ▶ All Practical Examples Taken From Coaching Templates

Kicking Programme In Club: U6/ 8

- ▶ Don't worry about accuracy.
- ▶ Initially focus on ball to foot contact.
- ▶ Fun Element

Teaching Points/
Key Words

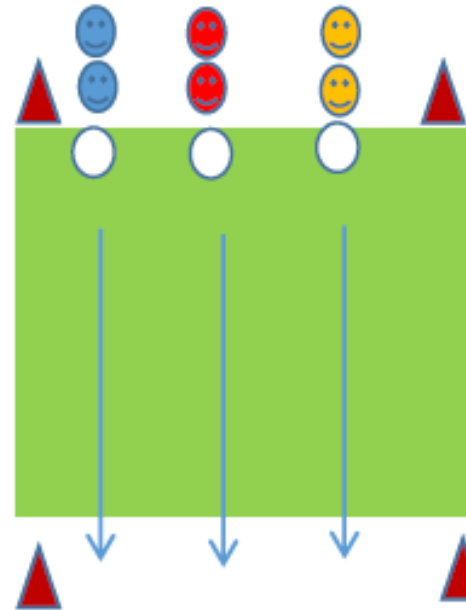
Head: Eyes on ball

Hands: Ball rolls off the shelf

Feet: Kick through ball with laces

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Skill Development: Kick Fada



- Get players into their pairs on a start line, with one ball between them.
- Player 1 in each pair kicks the ball out as far as he/she can
- Player 2 then kicks as far as possible from the position the ball landed.

How many kicks does it take to get to a certain target?

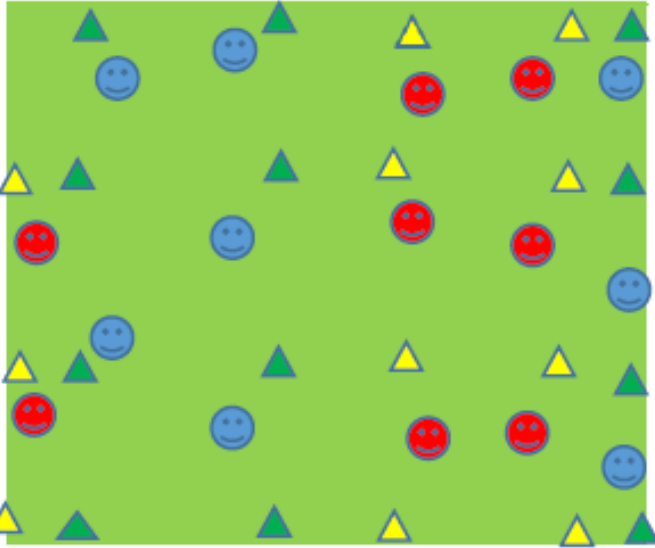
Kicking Programme In Club: U10/ 12

- ▶ Games Based Approach
- ▶ Fun Factor
- ▶ Part-Evasion
- ▶ Introduce Accuracy

Teaching Points/ Key Words

- Look Up
- Call Name
- Head/ Hands/ Feet
- Weight of Pass

Fun Game Two: Prisoner Ball



Note: When kicking the ball, it has to be at least waist high.

- Team try to find 'free area' in other team's zone.
- If ball is caught or kicked outside zone area, player who kicked ball goes to prison behind opposite zone.
- You can be released from prison if own team member successfully kick passes to player in prison who also clean catches the ball.
- Team loose when all members are in prison

Kicking Programme In Club: U14/ 16

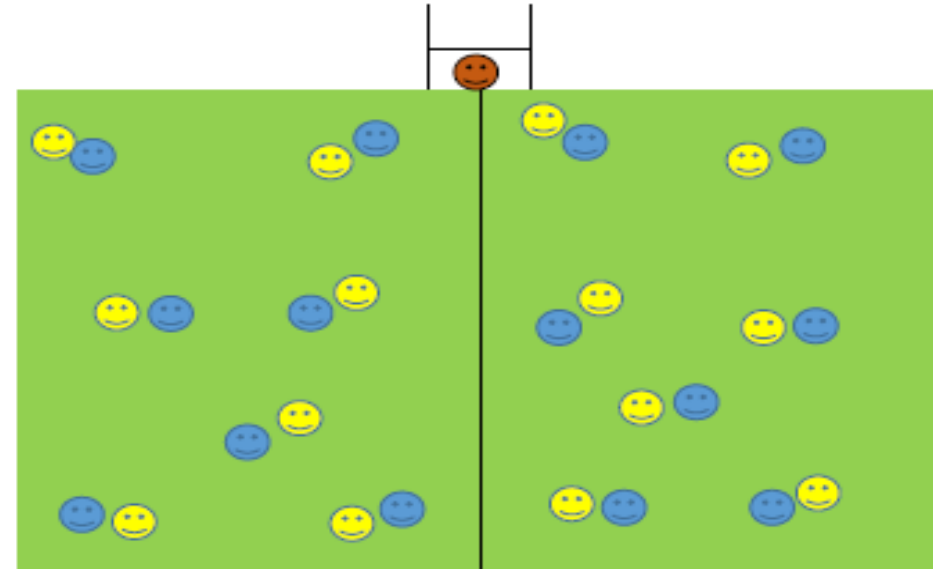
- ▶ More Game Specific
- ▶ Full Evasion
- ▶ Competition
- ▶ Kick Under Pressure

Points/
Key Words

- Call Name
- Read Ball
- Time Runs
- Demand Ball

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Whole Game Three: Space Tennis 30 Possession's



- Divide Pitch into two halves with half of each team members split between each half of the field.
- Goalkeeper kicks out the ball to one side of the field.
- Both teams try to High Catch the ball (not allowed to break ball).
- If your team catches the ball they get 2 points. 1 point for body catch
- Must get 3 passes before kicking ball into other half of the field 50/50. Ball must be caught.
- 2 points if your team catches the ball
- 3 passes before team can shoot.
- Coach keeps score, highest score after 3/ 5/ 7 minutes.
- Goalkeeper rotates sides to which he kicks out the ball

Progression (Skill Development Games)

- Award points for successful fist pass (chest), kick pass (chest, bounce) and first touch
- If ball is dropped or bad pass, team lose point.

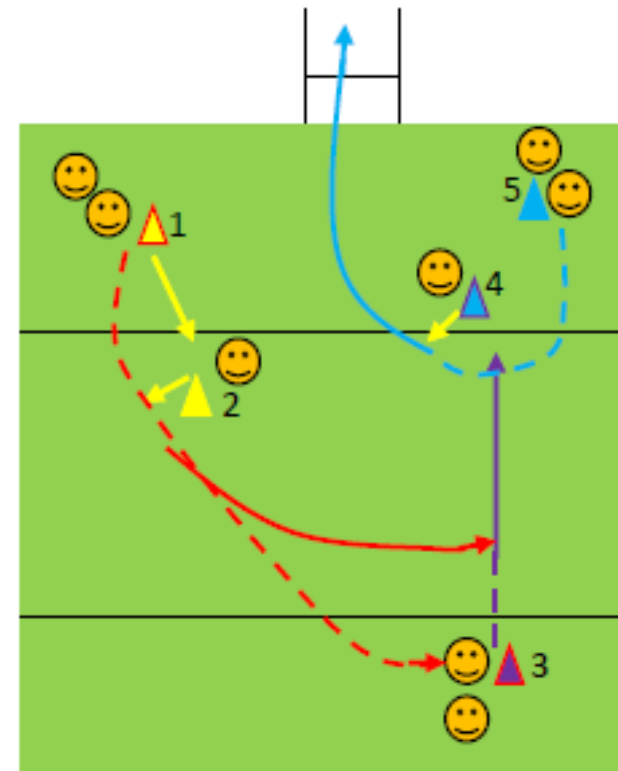
Kicking Programme In Club: U18/ Senior

- ▶ Time Factor
- ▶ Combination Drills
- ▶ Overemphasis on skill execution

Teaching Points/
Key Words

- move the ball fast
- follow through
- play in front of oncoming players
- loop around
- follow through

2 Skill Development: Combination Drill One



- Fist Pass
- Kick Pass
- Solo
- Shoot
- - Movement

- 1 – 2
- 2 – 3
- 3 – 4
- 4 – 5
- 5 – Shoot
- 5 joins back of group one.
- All other groups follow their pass.

Kicking Programme In Club: U18/ Senior

- ▶ Games Based Approach
- ▶ Focus on Kicking During Game
- ▶ Create emphasis on using Kick Pass while attacking

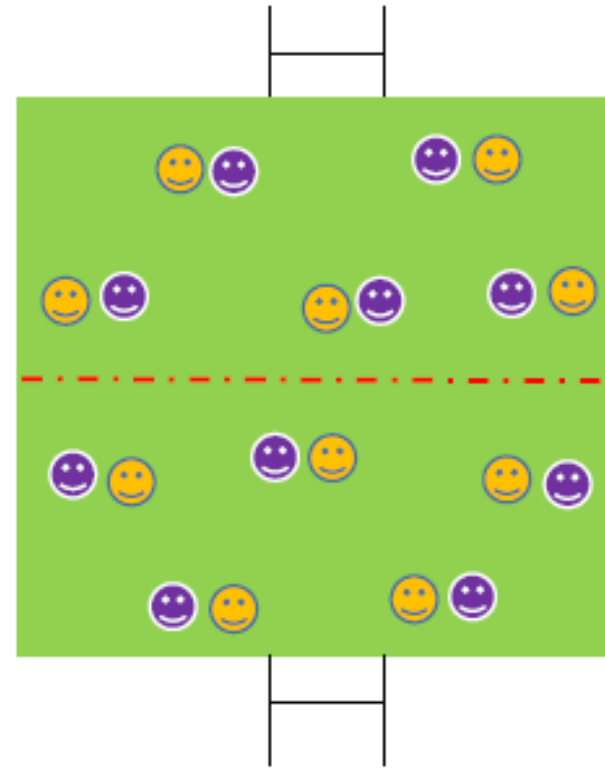
Teaching Points/
Key Words

- Lateral/
Diagonal
runs

- Early Pass
Forward

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Whole Game One: Forward Kicking Forward Thinking



- Divide pitch into 2 halves.
- Normal rules except you have to kick pass over the half way line.
- Encourage players to pass ball over a given distance and kick pass is not just over 10m.

- Only kicked goals & points allowed.

Variations

- Weak foot only.
- Extra forward/defender in each half.

General Coaching Points

- ▶ Try to incorporate kicking in every session plus every component (i.e. warm up/ game/ skill).
- ▶ Encourage players to practise with both feet
- ▶ Give players (especially the younger players) wall based games and activities which they can practise from home. (Gaelic Start Manual).
- ▶ Kicking For Distance
- ▶ Develop leg strength
- ▶ Kick On the Run
- ▶ Focus On Kick to Outside Shoulder

Any
Questions?

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Thank You...

Appendix

Coaching Apps (Apple Store)

- ▶ Dartfish Express - €4.49
- ▶ Coach's Eye - €4.49
- ▶ CoachMyVideo Private Coaching Edition Anytime, Anywhere Video - €4.49
- ▶ Ubersense Coach: Slow Motion Video Analysis – Free
- ▶ SloPro – 1000fps Slow Motion Video
- ▶ Any type of app which allows you to watch video in Slow Motion

Player Pre & Post Intervention Head



Pre & Post Intervention Knee Angle



Pre & Post Intervention Kicking With Laces of Boot



Pre & Post Intervention

Toes Pointed Down, In Direction of Target



Coaching Point	Execution						T
	1	2	3	4	5		
Ball Grip							
Hold ball firmly with both hands							
Release ball into the hand, at the kicking side							
The run up							
Step forward with non-kicking foot							
The ball drop							
Let the ball 'roll off' hand towards kicking foot with wrist extended.							
Left hip rotated away from ball while shoulders remain square to the target poor kicker does the opposite							
The balance arm							
Extend the opposite arm away from the body to aid balance							
Square hips							
Hips face in direction of target							
Knee Angle extended							
The placement of the planted foot							
Foot pointed in direction you want the ball to go							
Left hip has rotated a long way back from square with large hyperextension							
Rotate hip back to square and in line with trunk							
The ball strike							
Kick the ball with the instep (laces) of boot (hard foot)							
Head down, eyes on ball							
The follow through							
Follow through with kicking foot (injury prevention)							
Left hip moves forward with leg to allow momentum of kick to be dispersed gradually. A sudden stop at impact would put the bones, muscles, ligament and tendons of the body under enormous strain.							
Pointed toes							
Keep toes pointed down in direction of target							
Body position at the kick							
Lean Forward (less pressure on lower back)							