

# Coaches Night

Thurs 4<sup>th</sup> May 2017

# What is this all about?

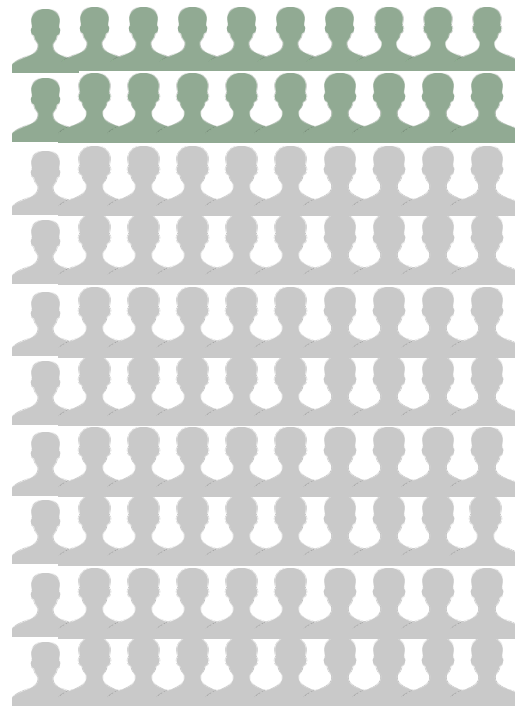
- [https://www.youtube.com/embed/EhRXQs0K6ls?rel=0?ecver=1"](https://www.youtube.com/embed/EhRXQs0K6ls?rel=0?ecver=1)  
[frameborder="0" allowfullscreen](https://www.youtube.com/embed/EhRXQs0K6ls?rel=0?ecver=1)



Children < 18 yrs  
playing sport

78%

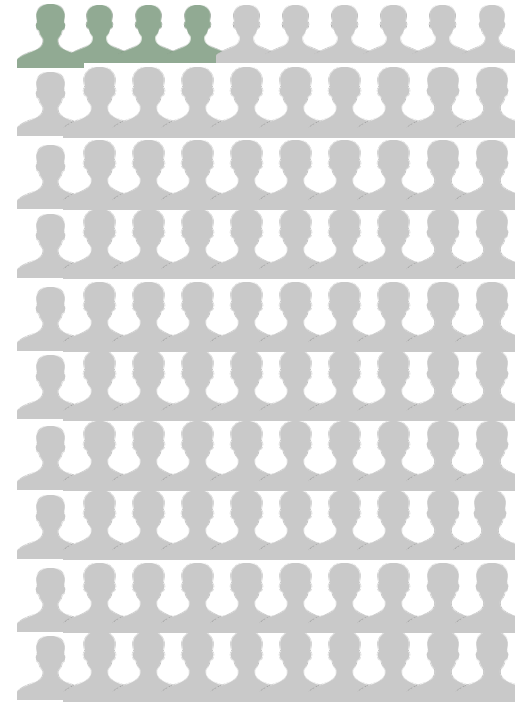
**545** children



Young Adults >18 yrs  
continuing on playing  
sport

26%

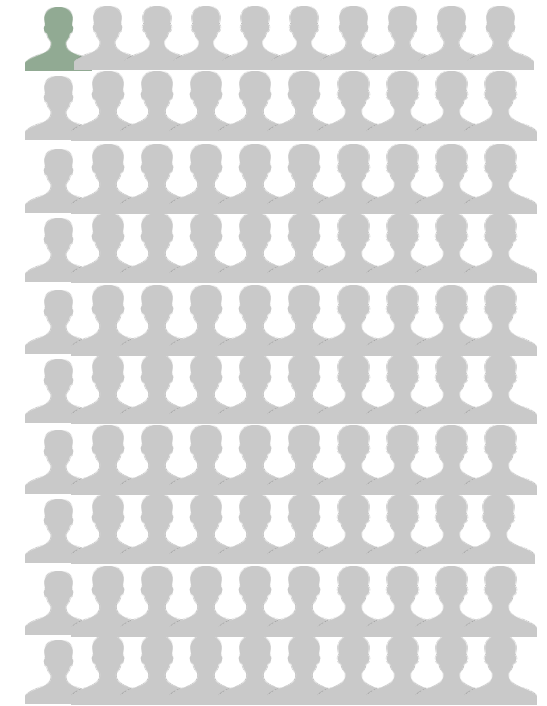
**142** young adults



Those who end up  
being paid to play sport

18%

**26** players



Those who make a  
living from playing  
sport

0.4%

**1** people

We are not playing for sheep stations.

We are playing for the advancement of each and every one of the children involved in the club.

Their skills development

Their learning to succeed and fail

Their learning what it means to be part of a team

Them learning about themselves

# Ashy Coaching Philosophy

We want to establish an Ashy way

## **U8's – U10's**

Setting the basic foundations

(Fun, core skills, culture, terminology)

## **U11's – U12's**

Developing both physical & cognitive skills

## **U13's +**

Directed guidance and self development

How you interpret the meaning and outcome of tonight is up to you. It's about conscious thought. Where you need, we can support.

# Ashy Coaching Philosophy

As a coach

When we play

When we train

Team culture

# As a coach

- What are your repeatable team mantras that the children can recite?
- It's about maximising the talent of the group and each and every individual
- It's also about the improvement of you as a coach
- What is your pre-game approach - talk to the kids individually - have one on one contact every week
- *Expectation* - The team know where they are playing the day before they arrive (minimum) so that they can prepare in their own way
- Every child is given a single goal for the game - (even if it's a short 30 second instruction)
- Reward the person that does the team thing
- Reward the person that has a go and tries – whether they succeeded or not

# When we play

- *Expectation* - We are in the rooms with team sheet signed 30 mins before the game
- What are your key plays?
- Awareness - be aware and adapt to your opposition & your own team (both on and off the field)
- We monitor the effectiveness of our kids skills
- Win the contested ball. Get your hands on the ball, if you cannot - defend the contested ball
- All of club
  - Red - defend (man up / look for player / push back) - tackle, smother, chase, defend
  - Green - attack (run / go / spread / go to space)
  - Orange - hold and set up (set up and re-set)



# When we train

- We have a structure and plan focused on the needs of the year group:
  - We have proper warm up drills and follow them
  - We have a focus on skills development at each session that build on the last session
  - When we practice, we spend some time focusing on the opposite side (foot / handballs) - make it fun games that encourage skill development
- We have a conscious focus on the needs of every child in the team
- Make sure you understand the techniques in the fundamentals and *"teach"* them
  - Show them, get them to do it supported, get them to do it themselves, repeat repeat and reinforce
- Have a plan for how you are going to build the exercises and game plan across the 14 weeks of the year

# Team culture

- You play for Ashy - it's about the pride of the jumper
- Be present at club nights
- Set a positive team culture
- *Suggestion* - have a get together early on within the season to get the parents to know each other

# Support structures

# Year Level Co-ordinators

**U8**

Matt Pietsch

**U9**

Andrew Tilley

**U10**

Simon Miller

**U11**

TBC

**U12**

TBC

**U13**

Phil Hine

**U14**

Gerard Walsh

**U15**

Paul Allen

**U6**

Kim Ledder

**Colts / Youth**

Kim Ledder

# Coaching Co-ordinators



**Dave Francis**



**Nick Bowden**

# Coaching Curriculum

## Appendix 9 AFL Club Coaching Curriculum

### COACHING CURRICULUM UNDER 8-12

SKILL	Extension	Recommendation
<b>KICKING</b> Type of Kick	Drop punt both feet	In these age groups, players should be introduced to accuracy in their kicking, paying special attention to the teaching of the drop punt for passing and goalkicking.
	Torpedo preferred foot	Highlight the importance and relevance of the torpedo punt kick in the game. The coach should emphasise the value of this kick in gaining territory.
	Banana (checkside)	Highlight the importance and relevance of the banana (checkside) kick in the game and give time to experiment with this kick for goal.
	Quick kick/snap	Players should be given time to experiment with these improvised kicks for goal and to clear the ball from defence or a dangerous position.
<b>KICKING</b> Accuracy	Stationary target	Special attention needs to be given to the teaching of the drop punt for passing and goalkicking.
	To a lead	Kick to a point/area on the ground to allow player to run on to the ball.
	On the run	Acceleration and balance are critical in teaching players to kick accurately on the run.
	For goal – set shot	Determine distance players can kick ball for success. Balance and a straight run-up are important ingredients to an accurate kick.
	For goal – running shot	Determine distance players can kick ball for success.
<b>HANDBALL</b> Type of Handball	Rocket	Players in the age group should be introduced to the mechanics of handballing the ball from an open palm.
	Both hands	Players should be well established in the mechanics of the handball and should be able to fist the ball clear of the open hand.
<b>HANDBALL</b> Use	From ground	Players need to be made aware to give the ball off accurately with a handball at ground level or when going to ground.
	Hit/knock on	Use of hand/fist to keep the ball in motion or to knock it to the advantage of a teammate.

### COACHING CURRICULUM UNDER 13-15

SKILL	Extension	Recommendation
<b>KICKING</b> Type of Kick	Drop punt both feet	Players need to be aware of the mechanical actions of the kick, including leg-hip flexibility, leg swing, arm arch, pointed toe, stable support leg.
	Torpedo punt	Players should be able to demonstrate the grip and approach to kick a torpedo punt.
	Banana (check side)	Players need to be aware of the grip and approach of the banana kick and its relevance in a game.
	Quick kick	The quick kick needs to be practised at game-paced situations and players need to understand the relevance of the kick.
	Off the ground	The coach must introduce the relevance of the kick off the ground, similar to the quick kick, and demonstrate kicking off the ground with pointed toe and using the side of the foot as in soccer.
	Angle kicking – 'snap'	Encourage players to experiment and have fun with different kicking angles.
<b>KICKING</b> Accuracy	To a lead	Players should understand how to correct their body position and weight their kick to a leading player. Players should also be aware of the ability to kick the ball to a leading player's advantage or 'space' the ball.
	On the run	Players need to understand and practise preparing their body while running to kick to a target – being aware of body positioning, deceleration of stride and follow through with kicking leg.
	For goal – set-shot	Players should be able to develop a routine to enable them to comfortably kick at goal from a stationary set situation 20m out.
	For goal – running shot	Players need to understand and practise preparing their body while running to kick for goal – being aware of body positioning, deceleration of stride and follow through with kicking leg.
	For goal – snap shot	Encourage players to experiment and have fun with different kicking angles at goal once players have mastered the ability to guide the ball to their foot.
<b>HANDBALL</b> Type of handball	Rocket	The player should be able to correctly backspin the handball with the ability to be accurate over distance.
	Bounce (swerve)	The player needs to understand how to execute a bounce handball and its relevance in a game situation.

### COACHING CURRICULUM UNDER 16-18


SKILL	Extension	Recommendation
<b>KICKING</b> Type of Kick	Drop punt both feet – to a lead	Use correct grip. Learn appropriateness of power of kick related to ball hang time. Learn where to aim body to lead at various distances.
	Drop punt both feet – on the run	Use correct grip. Learn to 'balance up' before disposal. Uses of leg follow through. Learn correct landing depending on whether a 'long-only' kick or a 'target' kick.
	Drop punt preferred foot – for goal – set shot	Use correct grip. Learn to set 'target' behind the goal. Prepare 'run-up' routine for player to be balanced at the point of kick. Use of 'man on the mark' to simulate game situation.
	Drop punt preferred foot – for goal – running shot	Use correct grip. Prepare player to be balanced at the point of kick.
	Snap shot kick both feet – for goal	Continue to experiment with holding the ball at different angles towards the goal. Practise kicking across the body at different angles.
	Torpedo – preferred foot	Use correct grip. Experience the fundamentals of this kick, individually and collectively.
	Banana (checkside) preferred foot	Continue to experiment with holding the ball at different angles. Follow through.
	Quick kick both feet	Experiment with getting foot to ball quickly. Develop target/space kicking – use of peripheral vision.
<b>KICKING</b> Accuracy	Stationary target	Players should develop a routine that enables them to comfortably kick from a stationary set situation 20m or more with a player on the mark.
	To a lead	Players should understand how to correct their body position and weight their kick to a leading player.
	On the run	Players need to understand and practise preparing their body while running to kick to a target – being aware of body positioning, deceleration of stride and follow through with kicking leg.

# Coaching Curriculum

- Familiarise yourself with the curriculum
- Work through the file for each of your children and score them (we will provide a template to do this)
- Work on their areas for improvement – give them drills to work on
- Round 8 – review their progress
- End of season – review their progress
- Log their scores

**Establish a baseline for them to work with and a framework to help us grade players through fact not opinion**



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# AFL Community

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## Coaches

  - [Skills, Drills & Strategies](#)
  - [Ruck & Midfield Strategies](#)

## Ruck & Midfield Strategies

Of all the positions on the ground, the ruck is the only one described as an art form. As the shapes and sizes of players playing in the ruck differ so do the methods of playing in the ruck.

The tall ruckman can use his obvious height advantage to feed the ball to running players.


The mobile ruckman uses his mobility and endurance to make many contests and provide a target.

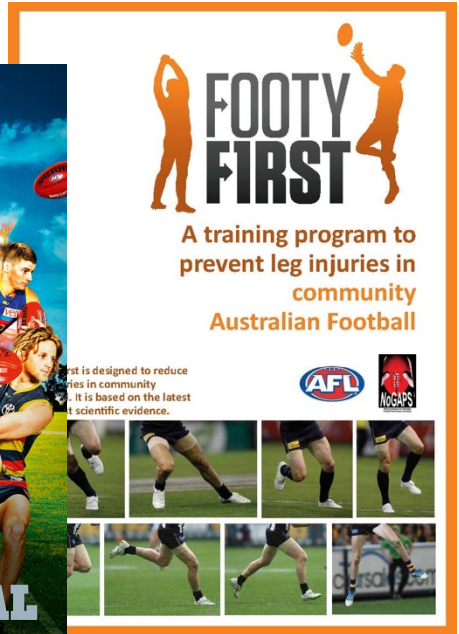
The strong ruckman can use his strength and power to create space for teammates.

  - [Ruck Strategies](#)
  - [Coaching Ruckwork \(Ben Hudson\)](#)
  - [Key Forward Second Ruckman \(Drew Petrie\)](#)
  - [The Modern Midfielder](#)
  - [Evolution of the Tagger](#)
  - [Winning the Contested Ball](#)

### Download Drills

  - [Centre Bounce Game:](#) Learn centre bounce strategies in a fun competitive environment
  - [Ball-Up With Contact Bags:](#) Give experience in clearances which are under close body contact
  - [Midfielder competencies:](#) Ryan O'Keefe provides this activity to develop all the requirements of a modern midfielder
  - [Constant Feeds:](#) Practise basic ruck and clearance technique
  - [Tapping Into Ruckwork – Dean Cox:](#) Importance of being in front of your opponent and communicating with your midfielders in order to direct the ball to your teammate's best advantage





COACHING CURRICULUM		
UNDER 1-18		
Skill	Extension	Recommendation
<b>KICKING</b> Type of Kick	<p>Drop punt both feet – to a kneel</p> <p>Drop punt both feet – on the run</p> <p>Drop punt – perfect foot – for goal – set shot</p> <p>Drop punt – perfect foot – for goal – running shot</p> <p>Short drop kick both feet – for goal</p> <p>Targeted – perfect foot</p> <p>Bananas (check side) perfect foot</p>	<p>Use correct grip. Learn approximations of power of kick intended to hold, hang time. Learn where to aim body to result at various distances.</p> <p>Use correct grip. Learn to balance up before disposal. Use of leg full through. Learn correct landing depending on whether a long-only kick or a target kick.</p> <p>Use correct grip. Learn to set target before the kick. Practice hand-up, rise for play, rise for play to be balanced at the point of kick. Use of 'man on the mark' to simulate game situation.</p> <p>Use correct grip. Prepare player to be balanced at the point of kick.</p>
	<p>Continue to experiment with heading the ball at different angles towards the goal. Practice kicking across the body at different angles.</p> <p>Use correct grip. Experience the fundamentals of this kick, individually and collectively.</p> <p>Continue to experiment with heading the ball at different angles. Follow through.</p>	
<b>KICKING</b> Accuracy	<p>Quick kick both feet</p> <p>Stationary target</p> <p>To a lead</p> <p>On the run</p>	<p>Experiment with getting foot to ball quickly. Develop target/hoice kicking – use of peripheral vision.</p> <p>Players should develop a routine that enables them to comfortably kick from a stationary set situation 20m or more with a player on the mark.</p> <p>Players should understand how to correct their body position and weight their kick to a leading player.</p> <p>Players need to understand and practise preparing their body while running to kick to a target –</p>



# Broader development sessions

- Session 1 – the role of the parent/ coach (& the parent coach!)
- Session 2 – Tactics, game plans & training delivery
- Session 3 – Physical management (loading & the long-term athlete development/ participation)
- Session 4 – Football pathways & the way forward (AFL/ TAC cup rep, AFL recruitment scout, current or ex player)
- Session 5 – refining your coaching method & philosophy

Please ask. We can only help if we know you need and want it.

# Questions