

Weekly Handout – Week 5

SKILL OF THE WEEK

Banana and Snap Kicks

The Banana and snap kicks can be an effective way to score goals from tight angles.

The banana kick is very tough (arguably the toughest kick to master) and has the ball moving from left to right (for a right footed player)

Tips for the banana kick

(as described for a right footer – if you are a leftie then do the opposite)

- Nose of ball is pointing at a slight angle to the right side of the player
- Guiding hand is held towards the nose of the ball
- Other hand higher on the ball
- Body faces slightly away from target (target should be to the right of the target)
- Nose of ball faces target
- Leg swing is across from the target and you make contact with the left end of the ball

Tips for the Snap kick

- Hold the ball the same as you do for the banana
- Body however is lined up in the opposite direction
- Target is on the left hand side
- Kick the ball on the right end

Drills:

Snap Football

(2 players, 10 cones, 1 ball)

- In pairs, the players decide where the ten cones should be located inside 50 metres from which each snap shot will be taken.

- The first player takes 10 snap shots from the 10 different locations and records the goals and behinds achieved for those 10 shots.
- The other player goes into the goal square and retrieves the ball.
- The second player attempts to shoot for goals from the same locations in turn.

Practice

(2 players, 1 cone, 1 ball)

- In pairs the players stand 20 metres apart with one player in possession of the football.
- The player runs at an angle to a cone and kicks the snap shot over the cone to be marked by the team mate.
- The second player performs the same task.
- Complete 10 snap shots each.

Extension

- Work in threes and man the mark to force the kicker to kick over a man on the mark.

Remember with these kicks it is best to try different styles to see what is most effective for you, so you are accurate and can make strong contact with the ball.

Watch this video for tips on the banana and snap kick

https://www.youtube.com/v/ru_gF-qYzXU

RULE OF THE WEEK

“50 metre Penalty”

A fifty metre penalty will be imposed

Where a field Umpire has awarded a Free Kick or a Mark to a Player, and the field Umpire is of the opinion that any Player or Official from the opposing side:

- (a) has encroached the mark;
- (b) engages in Time Wasting;
- (c) uses abusive, insulting, threatening or obscene language towards an Umpire;
- (d) behaves in an abusive, insulting, threatening or obscene manner towards an Umpire or disputes the decision of an Umpire;
- (e) enters the Protected Area, except when the Player is accompanying or following within 5 metres of their opponent;
- (f) has not returned the football directly and on the full to the Player awarded the Free Kick or Mark;
- (h) when not in the immediate contest, holds a Player after that Player has Marked the football or who has been awarded a Free Kick; or
- (i) a Player in the contest who unreasonably holds a Player after that Player has Marked the football or who has been awarded a Free Kick.

When the field Umpire imposes a Fifty-Metre Penalty, the following procedure shall apply:

- (a) the field Umpire shall signal to the Timekeeper to stop the clock used for the timing of the Match for such time as it takes to impose the Fifty-Metre Penalty;
- (b) the field Umpire shall advance the mark by 50 metres in a direct line with the centre of the Goal Line; and
- (c) if the Player who is obtaining the benefit of the Fifty-Metre Penalty is less than 50 metres from the Goal Line, the mark shall become the centre of the Goal Line.

AFL TERMINOLOGY

Hand pass on the rise - Picking the ball up off the ground and handpassing on the rise. Generally in a contested environment.

1%ers / one percenters - a defensive act such as a block, bump, shepherd, smother or chase; “one-percenters” very rarely show up in any typical statistical analysis of a game, but are generally highly-valued by coaches, supporters and spectators alike Game play.

2nd, 3rd efforts - a string of one percenters, never giving up.

Shepherd - a block placed on an opposing player. This can be to stop him tackling a teammate in possession of the ball, or attempting to gather it; to stop him intercepting a ball heading for goal; or just to stop him possessing the ball himself.

No U turn - a term used when a player gains possession going the wrong way. The term suggests the player doesn’t do a U – turn, blindly turn to be going the right way, and instead look for a team mate going the opposite direction (right way) to give the ball to.

Arm on - Defensive style where the defender has an arm on his opponent so he knows where he his is at all times.

Punch from behind - When the ball is travelling in the air from a kick the person in front if both players get hands on it will be awarded the mark therefor if can’t take a definite clear mark and caught behind always punch.

Sweeper - responsible for roving the opposition ruckman’s knock and putting pressure on the opposition players if they get the ball. It is important that this person does not over commit or get too close to the contest and have the opposition tap the ball into space behind the sweeper.

Lead - for a player to run into space and away from his direct opponent, hoping to attract a pass from his teammate.

Clearance - the clearing of the ball out of a stoppage situation, to the advantage of one team or the other.

Contest - an in-game scenario where two or more players have an opportunity to win the ball. Either in the air or on the ground.

Contested possession - a possession achieved as a result of winning a contest.