

## Weekly Handout – Week 7

### UPCOMING DATES:

#### DECEMBER 4<sup>TH</sup>

- AFLNZ Youth Competition week 7 *Wellington and Auckland*
- Auckland AFL club final *QBE Stadium, Albany, Auckland 2pm start*
- Wellington AFL club final *Hutt Park, Seaview, Wellington 1pm start*

#### DECEMBER 10<sup>TH</sup> 11<sup>TH</sup>

- Day 1 of Senior National Provincial Championship *Hutt Park, Seaview, Wellington*

#### DECEMBER 11<sup>TH</sup>

- AFLNZ Youth Competition week 8 (final week) *Wellington and Auckland*
- Day 2 of Senior National Provincial Championship *Hutt Park, Seaview, Wellington*

#### FEBRUARY 12<sup>TH</sup>

- AFLNZ Academy week 1 *Wellington and Auckland*
- AFLNZ Premiership round 1 *QBE Stadium, Albany, Auckland*

#### FEBRUARY 19<sup>ST</sup>

- AFLNZ Academy week 2 *Wellington and Auckland*
- AFLNZ Premiership round 2 *QBE Stadium, Albany, Auckland*

#### FEBRUARY 26<sup>TH</sup>

- AFLNZ Academy week 3 *Wellington and Auckland*
- AFLNZ Premiership round 3 *QBE Stadium, Albany, Auckland*

#### MARCH 5<sup>TH</sup>

- AFLNZ Academy week 4 *Wellington and Auckland*
- AFLNZ Premiership round 4 *QBE Stadium, Albany, Auckland*

#### MARCH 12<sup>TH</sup>

- AFLNZ Academy week 5 *Wellington and Auckland*

- AFLNZ Premiership round 5 *QBE Stadium, Albany, Auckland*

#### MARCH 19<sup>TH</sup>

- AFLNZ Academy week 6 *Wellington and Auckland*
- AFLNZ Premiership round 6 *QBE Stadium, Albany, Auckland*

#### MARCH 26<sup>TH</sup>

- AFLNZ Academy week 7 *Wellington and Auckland*
- AFLNZ Premiership round 7 *QBE Stadium, Albany, Auckland*

#### APRIL 2<sup>ND</sup>

- AFLNZ Academy week 8 *Wellington and Auckland*
- AFLNZ Premiership round 8 *QBE Stadium, Albany, Auckland*

#### APRIL 9<sup>TH</sup>

- AFLNZ Academy week 9 *Wellington and Auckland*
- AFLNZ Premiership round 9 *QBE Stadium, Albany, Auckland*

### PERSONAL DEVELOPMENT SLEEP AND PERFORMANCE

Sleep is important for both recovery and aiding performance. Sleep deprivation can have significant effects on athletic performance so make sure you are getting the sleep you need!

It is important to get 8-10 hours of sleep a night, especially while you are in the 14-18 age group and your body is still growing. We have listed a few things that may help you with getting sleep:

- The bedroom should be cool, dark and quiet. Eye masks and earplugs can be useful, especially during travel.
- Create a good sleep routine by going to bed at the same time and waking up at the same time.
- Avoid watching television in bed, using the computer/cellphone in bed and avoid watching the clock.
- Avoid caffeine approximately 4-5 h prior to sleep (this may vary among individuals).

## SKILL OF THE WEEK

### Ruckwork

Winning stoppages and getting the ball clear from them is a great start to winning football games. It starts with the player rucking and winning hit outs to put the ball to his team-mates advantage.

#### When rucking:

- Jump off one leg and turn body to act as protection
- Know where opposition player is
- Focus on the ball
- Once you get back on the ground be ready to impact the play

#### If tapping/palming the ball:

- Know where your team mates are going to be (not necessarily where they are to start with)
- Bring it down with a controlled palm
- Focus on the ball!

#### If punching:

- Punch the ball to teammates advantage towards the goals.
- Make sure you punch through the ball and make quality contact

#### Body Position

- It is important to work on getting first contact of the ball so how your body is positioned relative to your opponent (especially rucking from boundary throw ins and round the ground stoppages)
- Getting position in front is important
- Get into position early and make sure you know where your opponent is (keep contact with them)

### Drills in Pairs

Have a partner throw the ball up and practice jumping off one hit and tapping/punching the ball. Use two hands to start with and then move to one hand.

*Extension - practice jumping off your non-dominant foot and using your non-dominant hand.*

### Drills In Small groups

- 2 Ruckman
- 1 Player acting as the umpire
- 2 Players to act as teammates for each ruckman

Each ruckman chats to their teammate before the ruck and works out where they will receive the ball. Use the clock-face (i.e. 12 o'clock is directly in front, 6 o'clock is directly behind etc) as the direction you are hitting. The Umpire throws the ball up and the ruckman compete to get it to their teammate.

*Extension - Add more onballers/defenders to simulate game situation.*

Watch this video for more tips on rucking <https://www.youtube.com/v/7AOXckfeKx4>

- Do not go to bed after consuming too much fluid as it may result in waking up to use the bathroom.
- Napping can be useful; however, generally naps should be kept to less than one hour and not too close to bedtime as it may interfere with sleep.