



Week 2

Weekly Handout

SKILL OF THE WEEK:

Weighted Kick (There are many types of kick that are utilised in AFL and we will cover some of the important ones over the next 13 weeks).

The weighted kick is used to give the ball more 'hang time' to make it drop where a teammate is either already positioned or preferably can run on to it. The weighted kick is more about 'touch' than power. The player receiving the ball should be able to run to the position where the ball will drop and mark it without losing momentum. Players aim for a position on the ground to land the ball, which is sometimes referred to as kicking to advantage.

Remember the 3 Key points of the drop punt:

- Control of the ball
- Firm foot
- Lower leg speed

Individual

Kick the football up into the air at varying heights, to mark yourself (trying not to have to move mark it). Feel the difference between heights as well as how kicks to different heights differ in their sound and look.

Extensions

- Aim to mark it at a specific spot after kicking it up.
- Use your non-preferred foot
- Kicking at a target – set up a target (wheelie bin, bucket, post)

Pairs/Small groups

Set up 3 different squares (5x5m size) at 15, 25 and 30m apart – Player picks up ball, the partner then nominates a square to run into. Player uses a weighted kick into the square for the player to catch on the move.



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Extensions

- Make it tougher by reducing the size of the square (accuracy) or increasing the distance between the squares (Distance).
- Add a third person into the drill by having a player on the mark for you to kick over.

Watch this video to see all the drills mentioned above

https://www.youtube.com/v/a-87_8OQ1Q

Penetrating Kick

A penetrating kick is defined as a kick where the ball travels over a long distance with little 'hang time' in the air. A player who can kick with penetration is extremely valuable to a team. These players have an extremely efficient kicking technique and are able to generate excellent foot speed when kicking.

Individual drill

Using a portable goal post or a target that can be knocked over, try and use a penetrating kick to knock over the post/target. Start 15m away and extend your distance out.

Extension

Add some competition in with a partner to see who can knock the post over first.

Pairs

Tie some string/rope at head height. Player kicks to the other under the string so the player can mark it. Kicking the ball flat and low will make you use a penetrating kick.

Extension

Each time a mark is taken, player takes a step back to lengthen their next kick. See how far you can kick for a mark still using a penetrating kick. The longer the distance, the more penetrating the kick

Link: <https://www.youtube.com/v/DJ3zKkw3i1A>



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RULE OF THE WEEK:

Tackling and contact in AFL

The start of the Regional Competition this week means it is important to have a grasp on the tackling and contact rules in AFL.

A tackle is executed correctly if:

The Player is held:

- in possession of the football; and
- (either by the body or playing uniform) below the shoulders and above and including the knees.

A tackle may be executed correctly by holding a Player from the front, side or behind, provided that a Player held from behind is not pushed in the back.

If a tackle is executed correctly and the player in possession of the football has had “prior opportunity” to dispose of the football (i.e. had a chance to dispose of the football) then the tackling player shall receive a free kick where the tackle was made.

If the player in possession of the football has not had had “prior opportunity” (i.e. did not have a chance to dispose of the football) then a ball up shall be played where the tackle was made.

When attempting a tackle a free kick shall be against the tackler if:

makes contact

- above the shoulders (including the top of the shoulders or bump to the head); or
- below the knees.

Or

- pushes an opposition Player in the back, unless such contact is incidental to a Marking contest and the Player is legitimately Marking or attempting to Mark the football;

Shepherding

A Shepherd is using the body or arm to push, bump or block:

(a) a Player who does not have possession of the football and who is no further than 5 metres away from the football at the time when the push, bump or block

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occurs; and

A player may also make contact with an opposition player by using their hip, shoulder, chest, arms or open hands, provided that the football is no more than 5 metres away from the Player;

NOTE:

- a Player can bump an opponent's body from side-on but any contact forward of side-on will be deemed to be front-on;
- a Player with their head down in anticipation of winning possession of the football or after contesting the football will be deemed to have their head down over the football.

Illegal Contact:

A free kick will be awarded against a player if they:

- hold an opposition Player who is not in possession of the football or after the opposition player has disposed of the football
- unduly pushes, bumps, blocks, holds an opposition Player or deliberately interferes with the arms of an opposition Player, who is in the act of Marking or attempting to Mark the football
- pushes, bumps, holds or blocks an opposition Player when the football is further than 5 metres away from the opposition Player or is out of play
- Trips or attempts to trip a Player, whether by the use of hand, arm, foot or leg
- Strikes or attempts to strike an opposition Player, whether by hand, fist, arm, knee or head
- Engaging in rough conduct against an opponent which in the circumstances is unreasonable



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THE POSITIONS OF AFL – FORWARDS:

Roving Forwards:

An important part of a Roving forward's (also referred to as a small forward) game is the ability to read the play of the ball and where the contest is going to be happening.

A Roving forward must always be in front of the contest when the marking forwards are attempting to mark (but not get in the way of the marking forward). When the ball hits the ground at a contest inside 50 the roving forward must have clean hands to crumb and secure the ball. A good roving forward is also opportunistic and can convert opportunities to goals.

The roving forwards can also set the defensive pressure for a team, by making tackles and out-hustling their opponents to stop the defending team shift from defence to offence quickly.

Watch the video below of some of Cyril Rioli's highlights. Note the tackling pressure and how he uses different kicks to allow him the best opportunity to score goals from a variety of situations.

<https://www.youtube.com/watch?v=WKaj9pco3c>



Cyril Rioli - Hawthorn Hawks

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Marking Forwards:

A Marking forward (sometimes referred to as a tall forward) must be able to take marks overhead or on the lead. They need to be able to use their body to manipulate their opponent so they have the best chance to mark the football. A marking forward are the primary goal kickers for a side so a great set-shot is a must. As well as that, they need to be mobile enough to lead up field to help enter the ball inside the attacking 50, or create space for the other marking forwards (using a dummy lead).



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