

## Weekly Handout – Week 3

### SKILL OF THE WEEK

#### Marking

Marking the ball out in front of you allows you as an attacking player to be the first to the ball (thus giving you the chance to mark the football as no-one else has touched it) and increasing the distance from where you will mark the ball and where the defender is.

- Hands out in front of your face, spread the fingers
- Make a W with your Fingers (thumbs and index fingers)
- Look through camera (hands not behind head) – watch ball through hands
- Wrap hands around the football as you mark it (maintain the W)

#### Pairs

##### *Marking in pairs*

- In pairs 5m apart with hands above heads
- Pass as hard as you can to partner who marks ball above their head.
- First to 5 drops does 5 push-ups.

##### *Reading the flight of the ball*

- One partner facing away from person with ball
- Ball thrown/kicked high in the air
- Marker then turns and reads the flight of the ball and mark it at the highest point of their jump
- Add in player starts facing wrong way on the ground

#### Contested Marking

Contested marking occurs when you and an opposition player “contest” to take the mark.

- Read where the ball is going to drop
- Protect the drop zone by positioning yourself so you are on the side the ball will drop and hold off your opposition player
- You can push off your opponent in the chest/shoulder to shoulder
- Do not push in the back
- Learn to read your opponent and work out your best chance to beat them to win the football

#### Small Groups

- In 4s
- Two pairs 20m away from each other
- One player kicks to the advantage of the nominated player in another pair 20m away,
- The other player in the pair is a defender and the two compete and contest to mark the football.
- Then the player who was nominated kicks to the other pair’s nominated player as above

## RULE OF THE WEEK

### **“Marking”**

A Mark is taken if a Player catches or takes control of the football:

- (a) within the Playing Surface; and
- (b) after it has been Kicked by another Player a distance of at least 15 metres; and
- (c) which has not touched the ground or been touched by another Player during the period when the football was Kicked until it was caught or controlled by the Player.

(a) For the avoidance of doubt, a Mark shall be awarded if:

- (i) a Player catches or takes control of the football before it has passed completely over the Boundary Line, Goal Line or Behind Line;
- (ii) before the football was caught or controlled by the Player, it was touched by an Umpire or any other Official.

When a Player has taken a Mark, the field Umpire shall award the Mark to the Player at the location on the Playing Surface where the Mark was taken.

If a field Umpire incorrectly blows the whistle to award a mark that was not subsequently completed, they may cancel the decision and call “Play On”.

If the Player retains possession of the football, and the Player is correctly tackled by an opponent, the field Umpire shall call a ball up provided the field Umpire is satisfied that the Player could not reasonably have disposed of the football.

#### **Standing the Mark**

When a Player is awarded a Mark or Free Kick or is Kicking into play after a Behind has been scored, one Player from the opposing Team may stand at

the position on the Playing Surface where the Mark or Free Kick was awarded or where the field Umpire otherwise directs the Player to stand. The position on the Playing Surface where the opposing Player stands is known as “the mark”.

#### **Protected Area**

The Protected Area is a corridor which extends from 5 metres either side of the mark to 5 metres either side of, and a 5-metre radius behind, the Player with the football. No Player shall enter and remain in the Protected Area unless the field Umpire calls “Play On” or the Player is accompanying or following within 5 metres of their opponent.

A Player who has been awarded a Mark or Free Kick shall dispose of the football from directly behind the mark. If a Player disposes or attempts to dispose of the football other than in a direct line over the mark, the field Umpire shall call “Play On” and the football shall immediately be in play.

#### **Kicking for Goal from a Mark**

- (a) Where a Player is Kicking for a Goal after being awarded a Mark or a Free Kick, the Kick shall be taken along a direct line from the mark to the centre of the Goal Line.
- (b) If your mark is taken in the “goal square” the Kick shall be taken from directly in front of the Goals from a spot horizontally across from where the Mark or Free Kick was awarded.

#### **Encroaching on the Mark**

If the Player standing the mark encroaches the mark whilst a Player is in the act of Kicking for Goal, the following shall apply:

- (a) if a Goal is Kicked, the field Umpire shall signal “All Clear” and a Goal shall be recorded; and
- (b) if a Goal is not Kicked, the Player may elect to take another Kick, in which case the Player shall also be awarded a Fifty-Metre Penalty.

## POSITIONS OF AFL

### Midfielders



Sam Mitchell – Onballer

Rory Sloane – Winger

Aaron Sandilands - Ruckman

### Ruckman:

A ruckman is typically (though not always) the tallest player on an AFL team. Their primary role is to provide a physical, aggressive contest at every stoppage – centre bounces, boundary throw-ins and ball-ups. The ruckman plays a vital role in a team establishing an advantage at stoppages and clearances, giving the team first use of the ball. Winning a “hit-out/Contest” is not enough; it must be a “hit-out” to the advantage of the team’s midfield.

Watch Aaron Sandilands of the Fremantle Dockers (one of the tallest players to ever play AFL) in this video below. Take note of his work at contests to get superior body position to his opponent, as well as his work around the ground.

<https://www.youtube.com/watch?v=AaN1eDTPqGM>

### Onballers

One of the most demanding positions in AFL today there are typically 3 “onballers” on the field at a time. They are positioned at contests around the ground looking to clean up the ball from the ruckman/marking forwards and back to clear it out to players running past, or move the ball into the forward line. Important attributes are clean hands, accurate handballing, accurate kicking, good decision-making and having a high aerobic capacity. Onballers will rotate on and off the ground regularly in order to maintain their intensity when on. Defensively they must be able to read the play and compete with their opposition player at contests as well as stick with them. Tackling, smothering and shepherding are important physical skills they need.

One of the elite midfielders in the AFL is Sam Mitchell. Watch the video below of him finding open teammates and the different skills he uses (weighted kick/penetrating kick/snap/tap on/handball) to get teammates open. Also Mitchell is one of the most even players in the AFL in that he kicks roughly 50% of his kicks with his right foot and 50% with his left!

<https://www.youtube.com/watch?v=EiJqCR9RLHI>

### Wingers

Similar to an onballer, (see above) wingers are fast and fit. They provide an outlet for the ball coming out of defence both down the boundary line and as an option for a switch from one side of the ground to another. Defensively they play an important role at contests locking the ball in and also tracking back into the half back line to provide extra cover.