

## Weekly Handout – Week 6

### AFL NEW ZEALAND NEW ZEALAND ACADEMY.

After this week the AFL New Zealand Academy squads will be named.

The AFL New Zealand Academy programme will run from February until April culminating in New Zealand representation.

Here is some more information about each Academy level. Good luck and congratulations to all those who are selected.

### AFL NEW ZEALAND ACADEMY LEVEL 1

For players that are new entrants to New Zealand representative pathway. Players of the AFLNZ Youth Boys programme **born year 2002 and younger** are eligible for selection in the AFL New Zealand Academy Level 1 squad. With a two match series against New South Wales Independent Schools, 20th – 25th April 2016 in Wellington.

### AFL NEW ZEALAND ACADEMY LEVEL 2

For players continuing their New Zealand representative pathway preparing for the future step of New Zealand Hawks U18 or New Zealand Hawks Seniors. Players of the AFLNZ Youth Boys programme **born year 2000 and younger** are eligible for selection in the AFL New Zealand Academy Level 2 squad. With a two match series campaign against AFL South East Victoria, 20th – 25th April 2016 in Wellington.

### NEW ZEALAND KAHU YOUTH GIRLS

For players participating in the AFLNZ Youth Girls Programme **born 1998 – 2002**. Those selected in the New Zealand Kahu Youth Girls will play a two match series against AFL South East Victoria Youth Girls, 20th – 25th April 2016 in Wellington.

### SKILL OF THE WEEK

**Smother, Shepherd, 2<sup>nd</sup> and 3<sup>rd</sup> efforts, Communication**

#### Introduction

The 1 Percenters are the little things that are not usually given a stat in AFL. Typically 1%ers refer to knock-ons, spoils, smothers, shepherds, chase from behind, bumps, blocks. A 1%er requires a player to put in effort and these are aspects that coaches and scouts look for in athletes.

#### Smother teaching Points

Goals and big marks can lift a team, but so can a well-executed smother. It has the ability to change momentum and lift a team.

Remember these points to make an effective smother:

- Arms and hand outstretched from hip level
- Turn body side on to protect yourself
- Step across with your leg closest to the opposition player and bend at the knees
- Keep your arms and hands strong as you place them over the kicking players boot
- Protect your head with your leading arm – still watch the ball though!

#### Drills

##### *Smother in pairs*

- In pairs practice the smother technique.
- Kicking player working at about 70%
- Practice smothering from both sides

<https://www.youtube.com/watch?v=i82Y9vaMhGI>

#### Shepherding Teaching Points

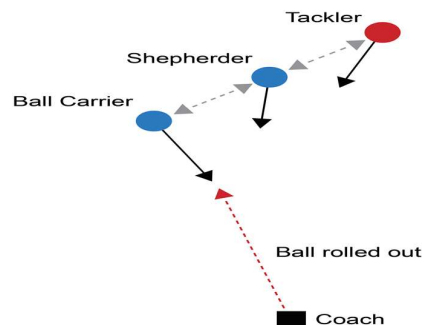
- Not a “bump”
- Know where your teammate and the opposition player are at all times (don’t just focus on one or the other)
- Use arms to lock player in behind you

- Preferably make contact with the player so you know where they are and stop their run
- If you can't make contact just getting between the opposition player and your teammate can be effective, as the opposition player has to use valuable time to get around you
- It's all about EFFORT!

### Drills

#### Shepherding the tackler:

- 3 cones set out as in the diagram with a ball carrier line, shepherd line and tackler line.
- Ball rolled out to player.
- "Tackler" tries to run down the "ball carrier" and affect disposal/make tackle.
- "Shepherd" attempts to run a shepherd and keep tackler away.
- "Shepherd" to talk to "ball carrier" and give important information such as amount of time they have
- The "ball carrier" needs to execute the handball as well



<https://www.youtube.com/watch?v=zBAHO6jizYA>

### RULE OF THE WEEK

#### "Playing on and advantage rule"

#### FOOTBALL IN PLAY

The football shall remain in play on each and every occasion when the field Umpire calls and signals 'Play On'.

#### CIRCUMSTANCES – 'PLAY ON'

The field Umpire shall call and signal 'Play On' or 'Touched Play On' when:

- an Umpire is struck by the football while it is in play;
  - the field Umpire is of the opinion that the football, having been Kicked, was touched whilst in transit;
  - the field Umpire is of the opinion that the football, having been Kicked, does not travel a distance of at least 15 metres;
  - the field Umpire cancels a Free Kick;
  - the field Umpire is of the opinion that a Player, who has been awarded a Free Kick or a Mark, runs, Handballs or Kicks or attempts to run, Handball or Kick otherwise than over The Mark;
  - where a Player, awarded a Mark or Free Kick, fails to dispose of the football when directed to do so by the field Umpire;
  - subject to Law 11.3.6, in the instance of a poor bounce by a field Umpire;
  - where a Player fails to bring the football back into play when kicking in from behind after being directed to do so by the field umpire; or
  - where the field Umpire cancels a Mark.
- (c) if the defending Player decides to play from outside the Playing Surface beyond the Goal Line or Behind Line, they may Correctly Dispose of the football in any direction provided they do not move off the direct line between themselves and the Player standing The Mark. If the defending Player does move from this line, the field Umpire shall call 'Play On' and the goal Umpire shall signal and record a Behind; and
- (d) if the defending Player, in disposing of the football, hits either the goal or behind post, the Player shall be given the football again to recommence play

## ***THE ADVANTAGE RULE***

Where the field Umpire intends to or has signalled that they intend to award a Free Kick to a Player, the field Umpire may, instead of awarding the Free Kick, allow play to continue if a Player of the Team who receives the Free Kick has taken the advantage.

## **PLAYER DEVELOPMENT**

In line with the AFL's guideline on concussions for underage players we request all players and parents read the below:

### **For Youth Players (players aged 5-17).**

- The child is not to return to play or sport until they have successfully returned to school/learning, without worsening of symptoms. Symptom assessment in the child often requires the addition of parent and/or teacher input.
- It is reasonable for a child to miss a day or two of school after concussion, but extended absence is uncommon.

It is critical that the basic principles of return to play decisions are followed to ensure that a concussed player is fully recovered before being allowed to do so.

All players with concussion or suspected concussion **MUST** be seen by the physio on hand. If you suspect you have been concussed sub yourself off and see the physio.

A player with suspected concussion must be withdrawn from playing or training until fully evaluated by a medical practitioner and cleared to play.

**A concussed player must not be allowed to return to school, or return to training or playing before having a medical clearance.**