



AFLQ Regional Coaches Summer Training Presentation



What are we trying to achieve?



*QUEENSLAND
REPRESENTATIVE FOOTBALL*

THE STORY OF MY LIFE

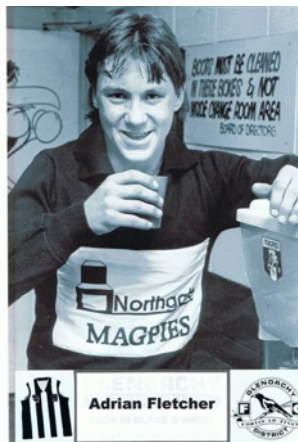
Build it “inside to outside”



Basic Skills Still Important - Anyone can Kick.....



(Game) Style Has Changed Over Time Though!



Variety of Situations and Experience



Session Plan Template:

<u>1.Pre-Training:</u>	skill technique in pairs / 3's, coaches involved	
<u>2. Warm Up:</u>	dynamic warm up	15min
<u>3. Fundamental Skills:</u>	hand and foot skills	20min
<u>4. Backyard Games:</u>	skills under pressure decision making positioning game scenarios	45min
<u>5. Fitness:</u>	aerobic power repeat speed game running	20min
<u>6. Body Maintenance:</u>	body weight exercises static stretching	10min

10 Week Training Progression

- **Week 1:** Skills Challenge (kick, handball, mark) Skill technique revision, Running & body
- **Week 2:** Skill technique revision, Retain possession games with no pressure, Running & body
- **Week 3:** Skill technique drills, Possession games with token pressure, Running & body
- **Week 4:** Skill technique drills, Possession games with token pressure, Running & body
- **Week 5:** Skill technique drills, Possession games with increased pressure, Running & body
- **Week 6:** Skills Challenge (kick, handball, mark), 9-A-Side Teams Challenge, Running Relay Challenge
- **Week 7:** Skill technique drills, Possession games with token pressure, Running & body
- **Week 8:** Skill technique drills, Possession games with token pressure, Running & body
- **Week 9:** Skill technique drills, Possession games with token pressure, Running & body
- **Week 10:** Skills Challenge (kick, handball, mark), 9-A-Side Teams Challenge, Running Relay Challenge

Kicking Fundamentals

1. Approach
2. Grip
3. Drop
4. Impact

Outcome: Impact the bottom 1/3 of the football and the ball will spin backwards. The best place to start teaching is back from the **impact zone area**.

Characteristics of good kick

1. Look

- Quality of kick
- Always spins backwards

2. Feel

- Muscle tension from thigh down to toes
- Ball is light on the foot

3. Sound

- A thud rather than a slapping sound

- **Preparation**

- Body momentum going forward & body square to target = shoulders, hips & support foot facing square to target
- Balanced and smooth jogging / running action

- **Ball Movement**

- Ball should be held in hands in a near vertical / slightly tilted back toward trunk position
- Comfortable grip on ball with good finger spread towards bottom of ball
- Ball movement sideways should be limited to staying within body width



Figure 1: Ball Movement in Preparation

- **Ball Release**

- Ball should be released in line with the kicking leg and at approx height of hips
- Releasing ball with limited sideways movement will enable smooth leg swing and better impact on foot



Figure 2: Ball Release Height

- **Hip Extension & Core Stretch**

- Figure 3 below shows good hip extension for shorter kick, but in comparison Figure 4 shows greater angle of hip extension which impacts on foot speed and resultant power and distance of kick



Figure 3: Hip extension (good)



Figure 4: Hip extension (better)

- **Four Step / Stage Progression**
- Aim is to develop consistent technique through repetitive practice
- Emphasis on good **BALL DROP** and **BALL IMPACT**

Pic (R): example of good support arm position & straight line of shoulder, hip and ball position.



- **Ball – Foot Impact**

- “Strong” foot when ball impacts on foot
- Foot should be plantar flexed with toes aiming at target through impact phase

- **Follow Through**

- Follow through impacts on control, speed and distance of kick
- Toes continue to point towards target after ball impact
- High follow through with kicking leg = greater contact time with ball on impact = greater distance ball travels
- Important for body momentum to continue moving forwards after kicking action to gain power and distance in kick.



Figure 7: Example of Good Follow Through

Academy 4 Step Kicking Progression

- **Use 4 Step Kicking Progression at start of training with focus on technique development:**

1. **Balance** / No Step Kick (over 5-10m)
2. **One Step** Kick (over 10-20m)
3. **Walking** Kick (over 15-20m)
4. **Running** Kick (over 20-40m)

- **KEY POINTS:**

Preparation = get set quickly with ball in hands and feet set

Ball Control & Release = pause & then control as you guide it down

Stable Body = stable / balanced throughout kicking action

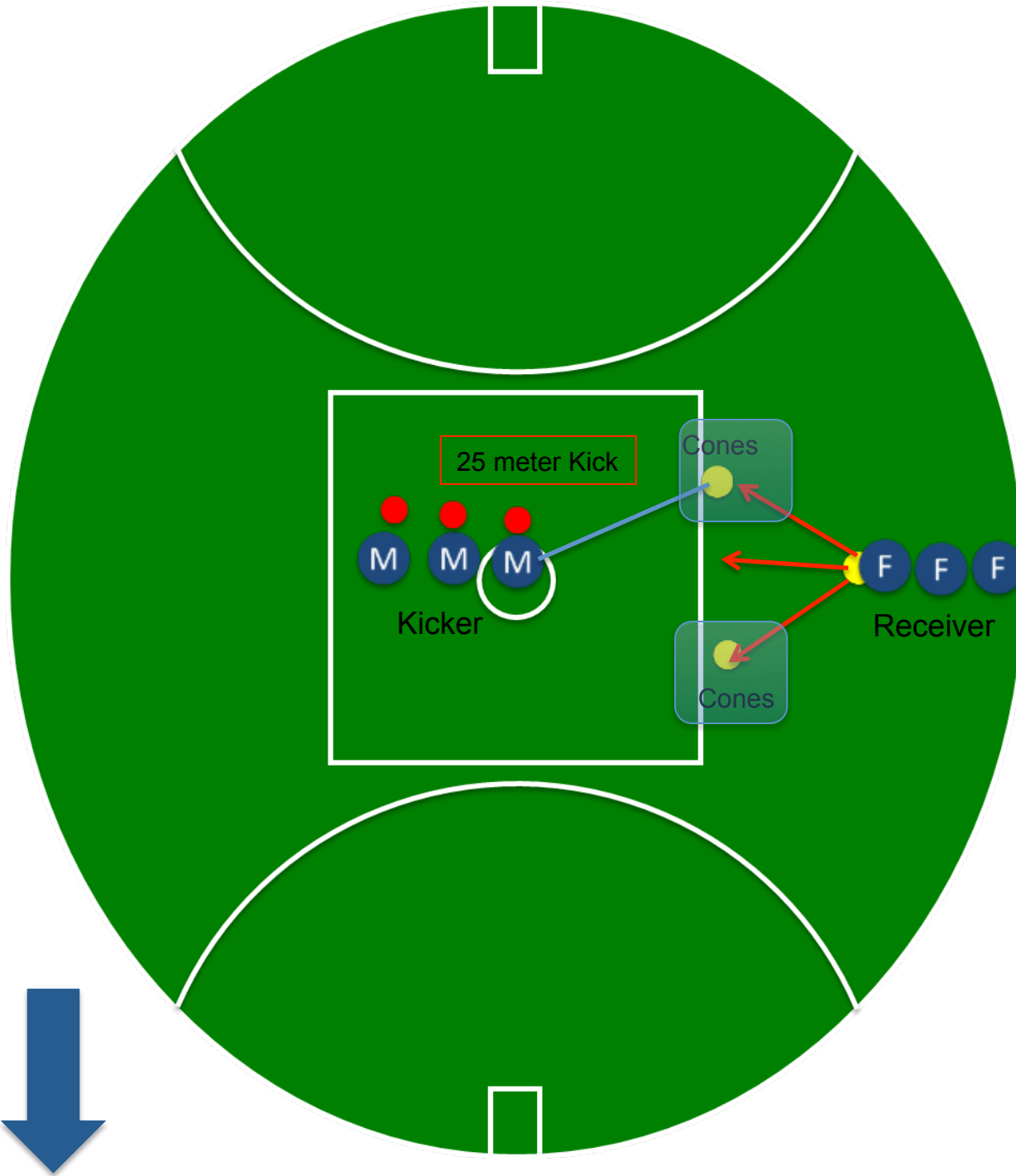
Ball – Foot Impact = firm foot & ankle, toes pointed down

Leg Swing = smooth swing and follow through

45 Diagonal kicking

Purpose

Ball out in-front of receiver



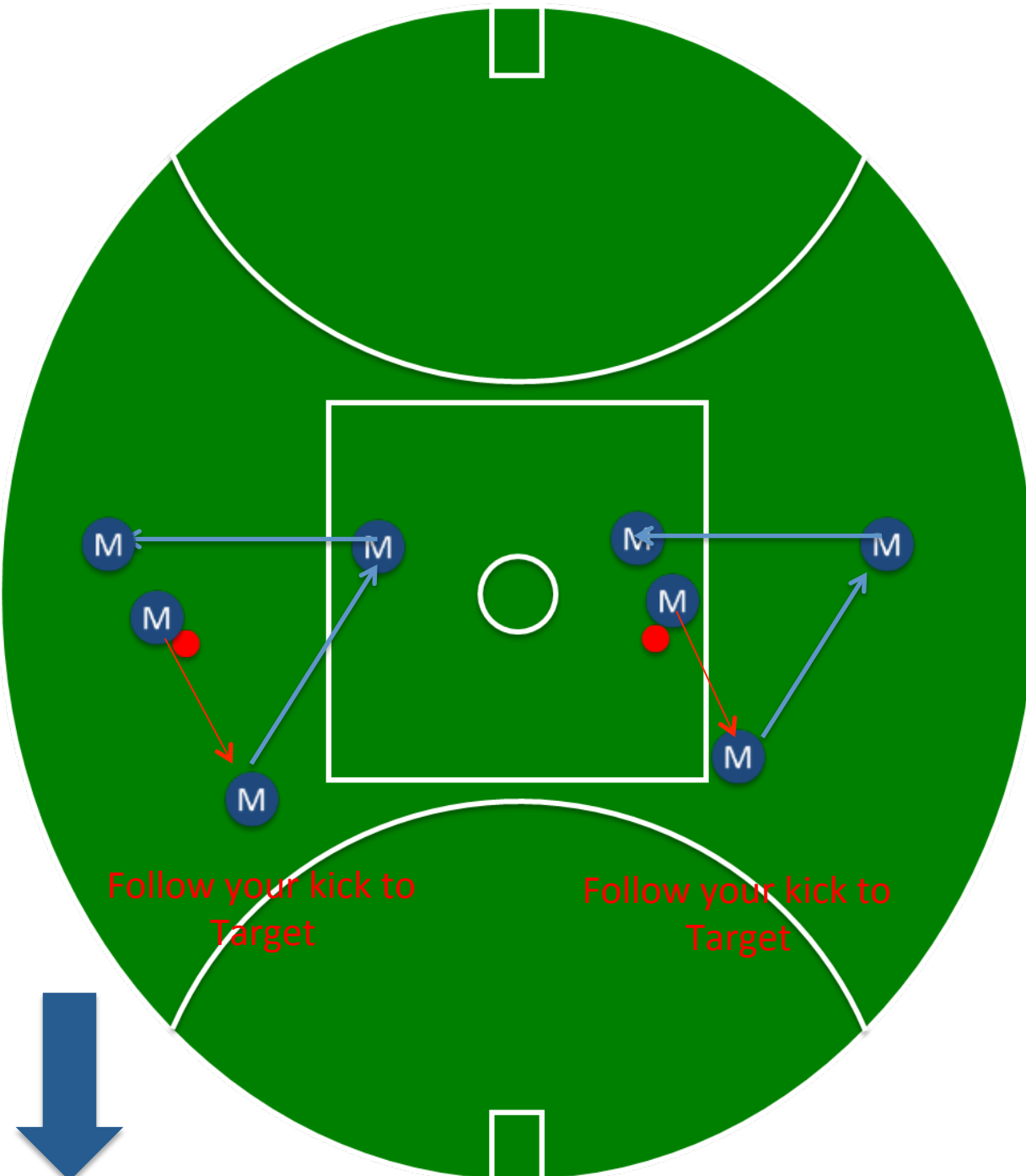
Follow your kick to the target

Purpose

- Teach the kickers to land on kicking leg
 - Work rate
- Change of pace, kicking stride

KEY POINTS

- Follow your kick



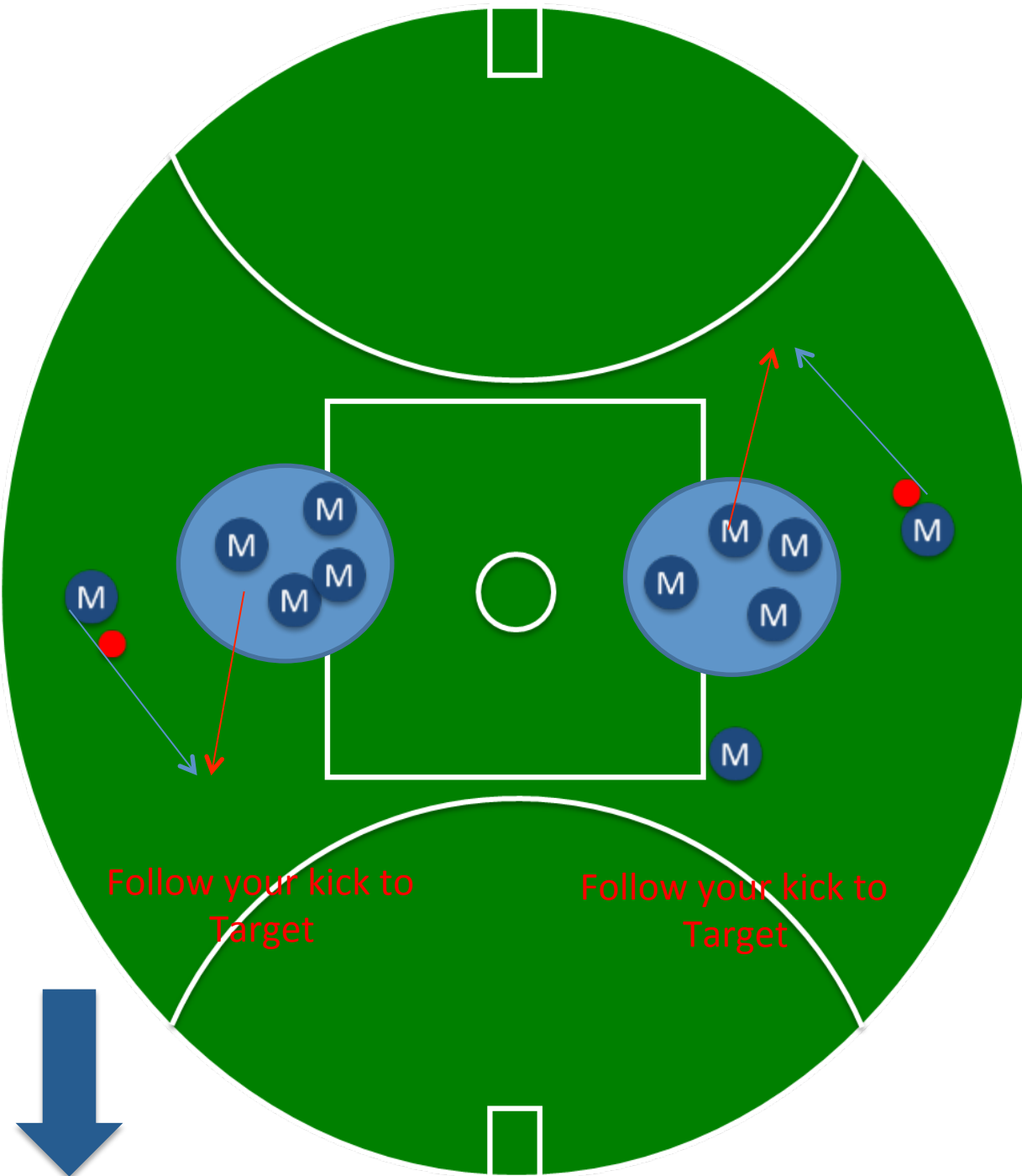
Follow your kick to the target: weighted kick

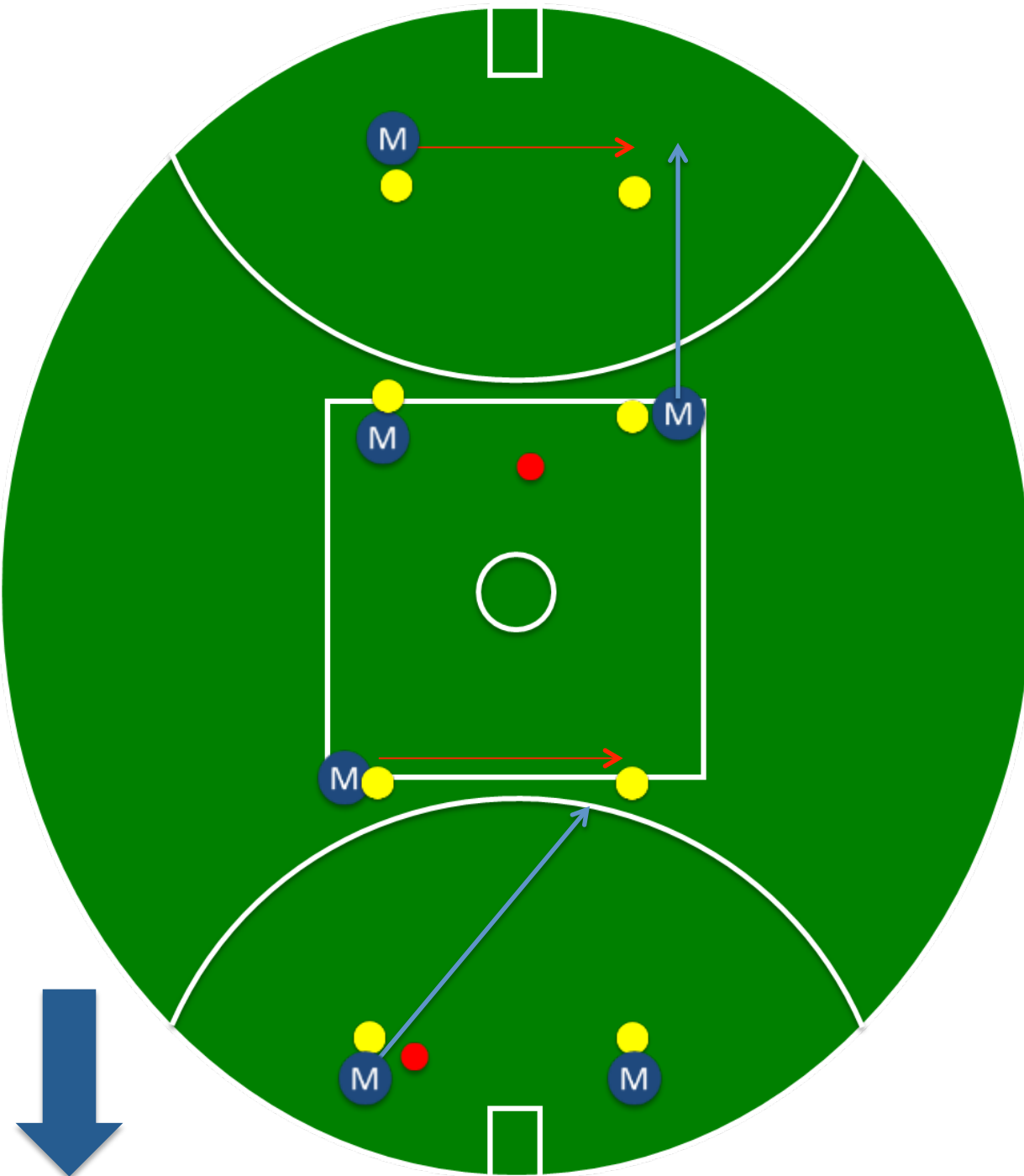
Purpose

- Teach the kickers to land on kicking leg
 - Work rate
- Change of pace, kicking stride

KEY POINTS

- Follow your kick





Kick to the grass

Purpose

- Weighted kick
- Visualise space
 - Work rate
 - FEET SET

KEY POINTS

- Receive kicks where he came from

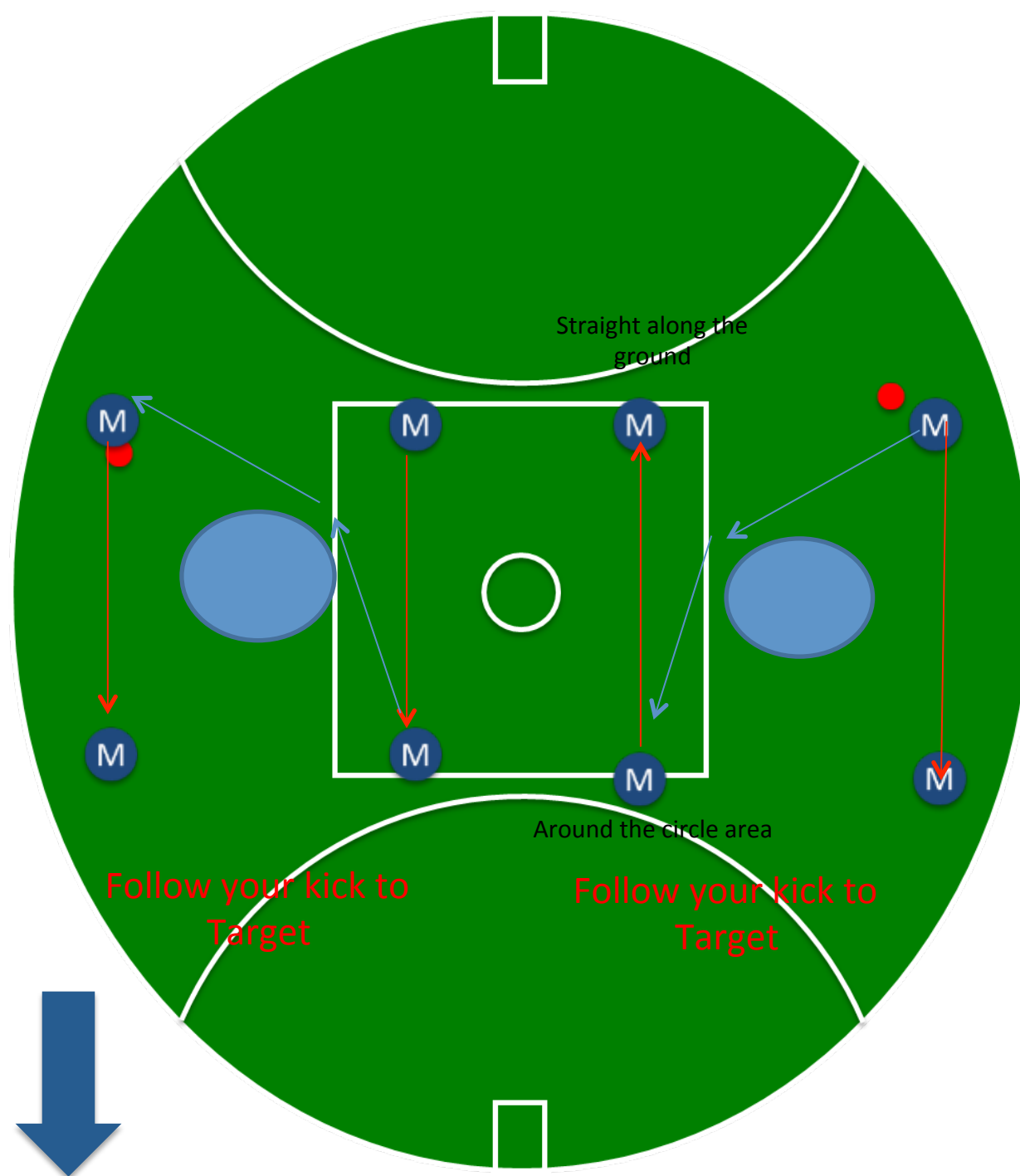
Kick the ball along the ground

Purpose

- Teach the kickers to feel the ball on the foot
- Change grips on the ball

KEY POINTS

- Holding football in hands



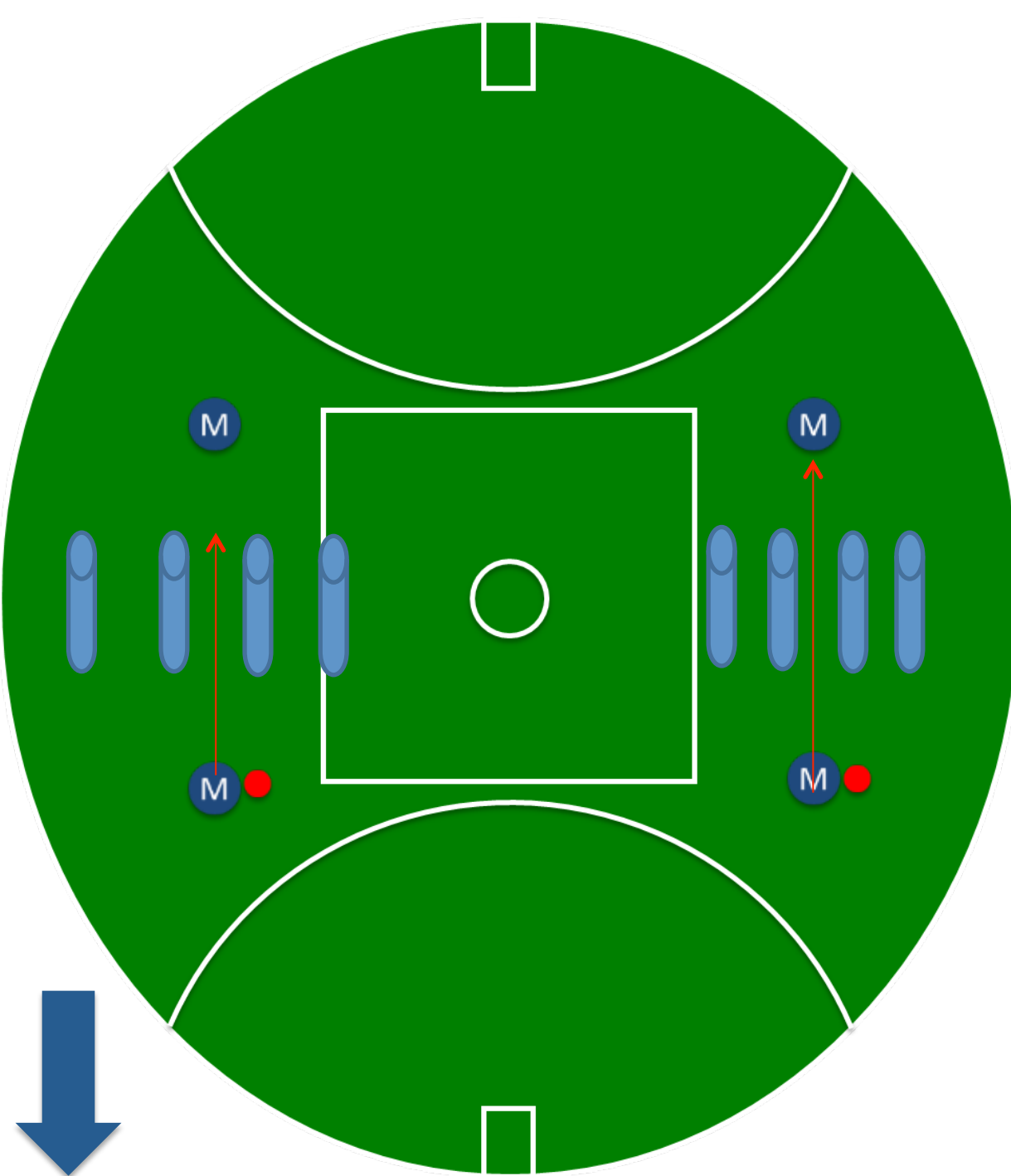
5 Iron kick

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KEY POINTS

- Follow your kick



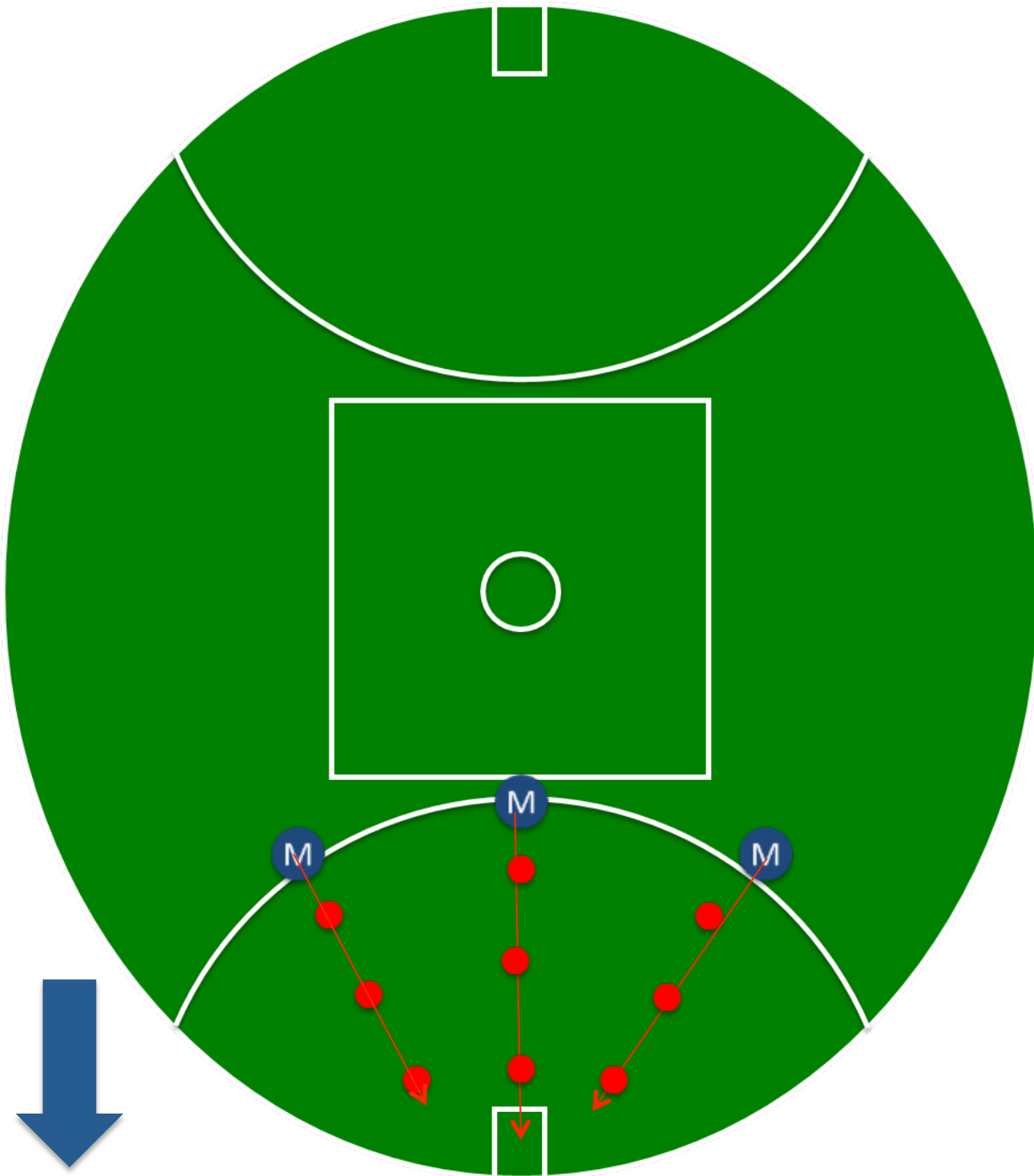
Goals on the Run

Purpose

- Pick ball on the run
 - Steady goal
 - Consistance

KEY POINTS

- Kick stride



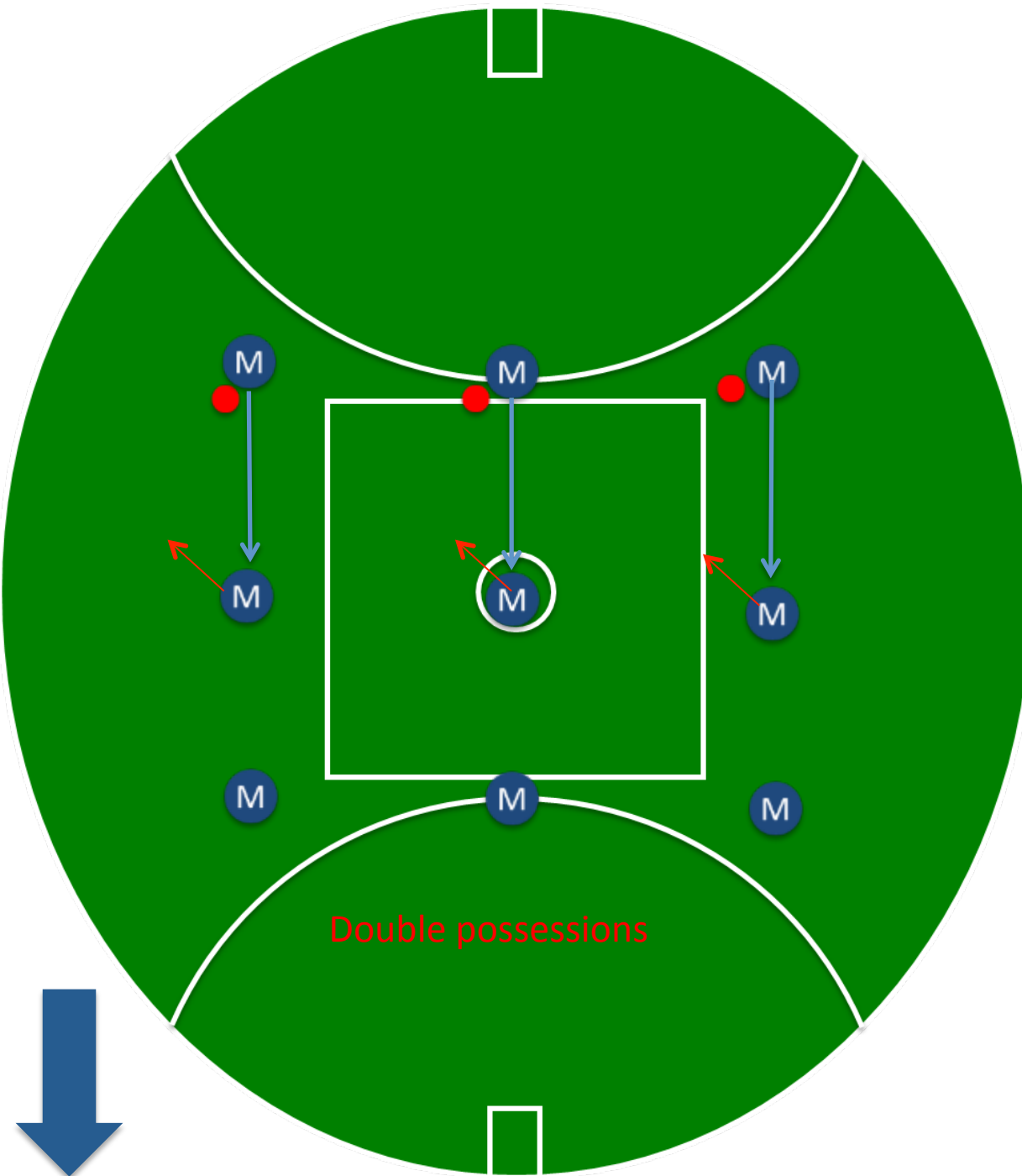
Double possessions

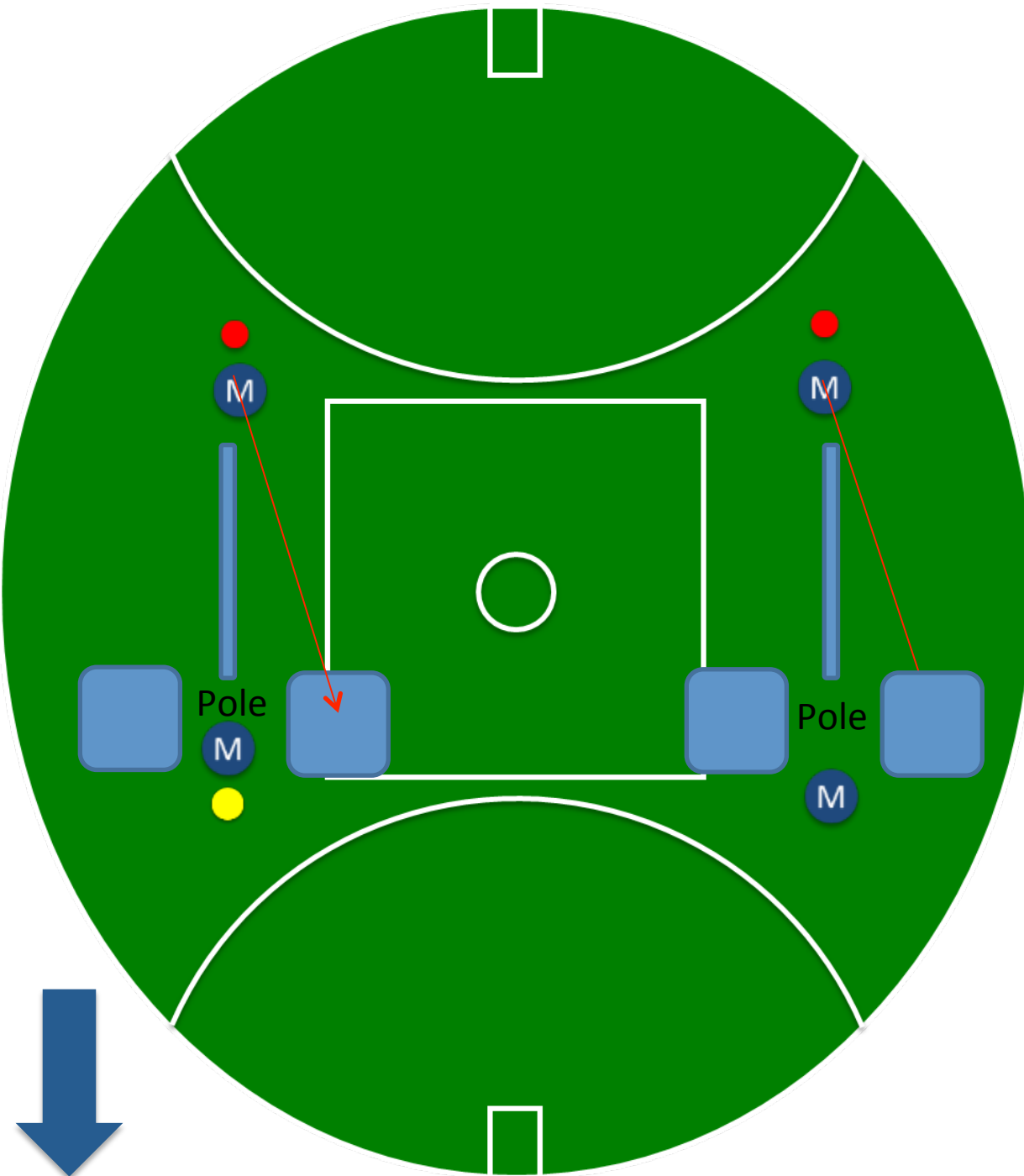
Purpose

- Overlap handball
- Ball flow "Fast"
- Kicker on the run 45

KEY POINTS

- Time lead
- Time run from behind
- Running pattern keep in game





Weighted Kick

Purpose

- Weighted kick
- Visualise space
- FEET SET

KEY POINTS

- Visualize open space

Weighted Kick over the man on the mark

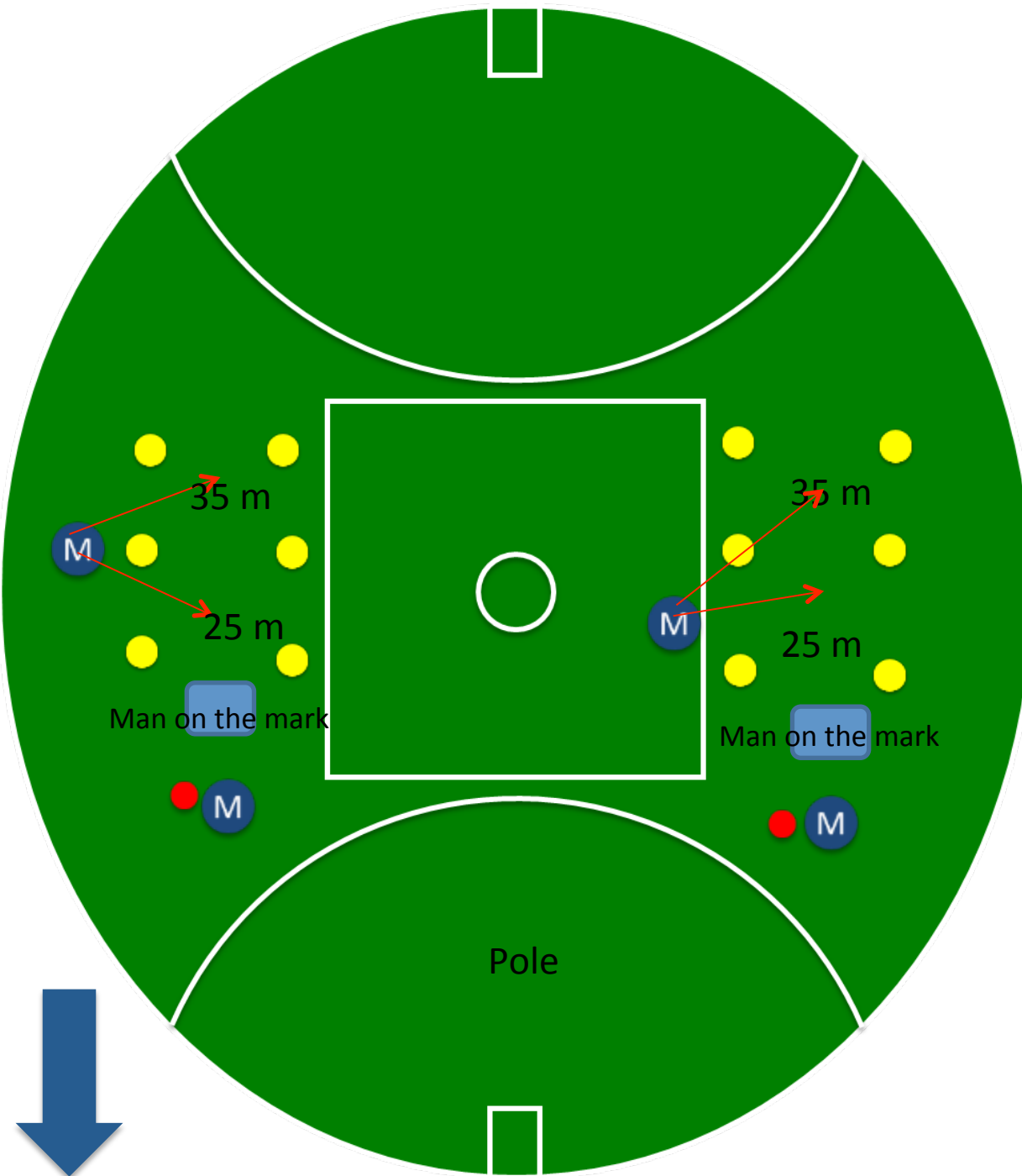
Purpose

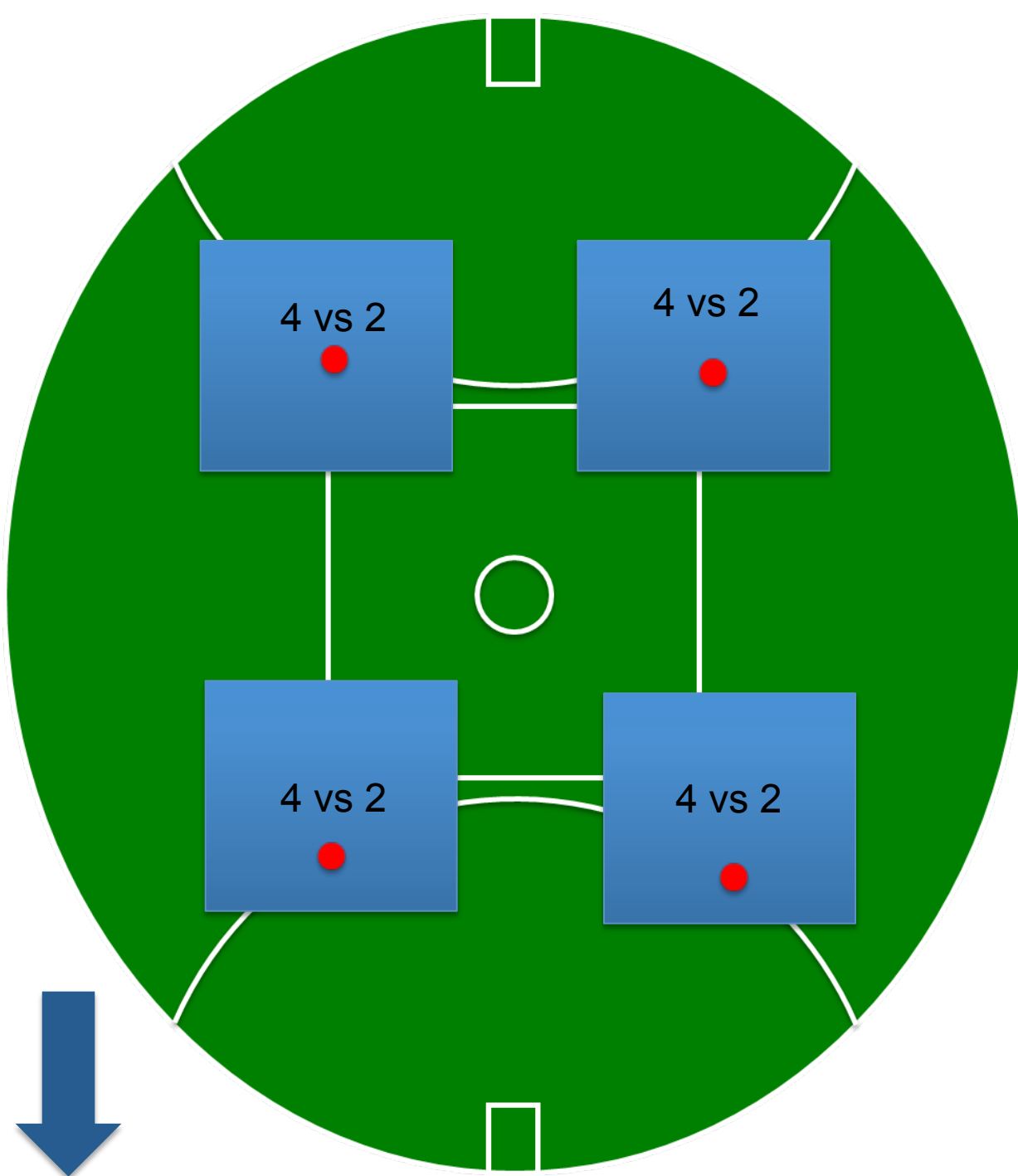
Get back of the mark

- Strong through the core
 - Weighted kick

KEY POINTS

- Weight forward when kicking the ball





Primary Skill

1 to 3 shift

Purpose

KEY POINTS

- Get off mark quickly
 - Scan with eyes
 - Feet set
- Momentum towards the target
- Move in & out of space

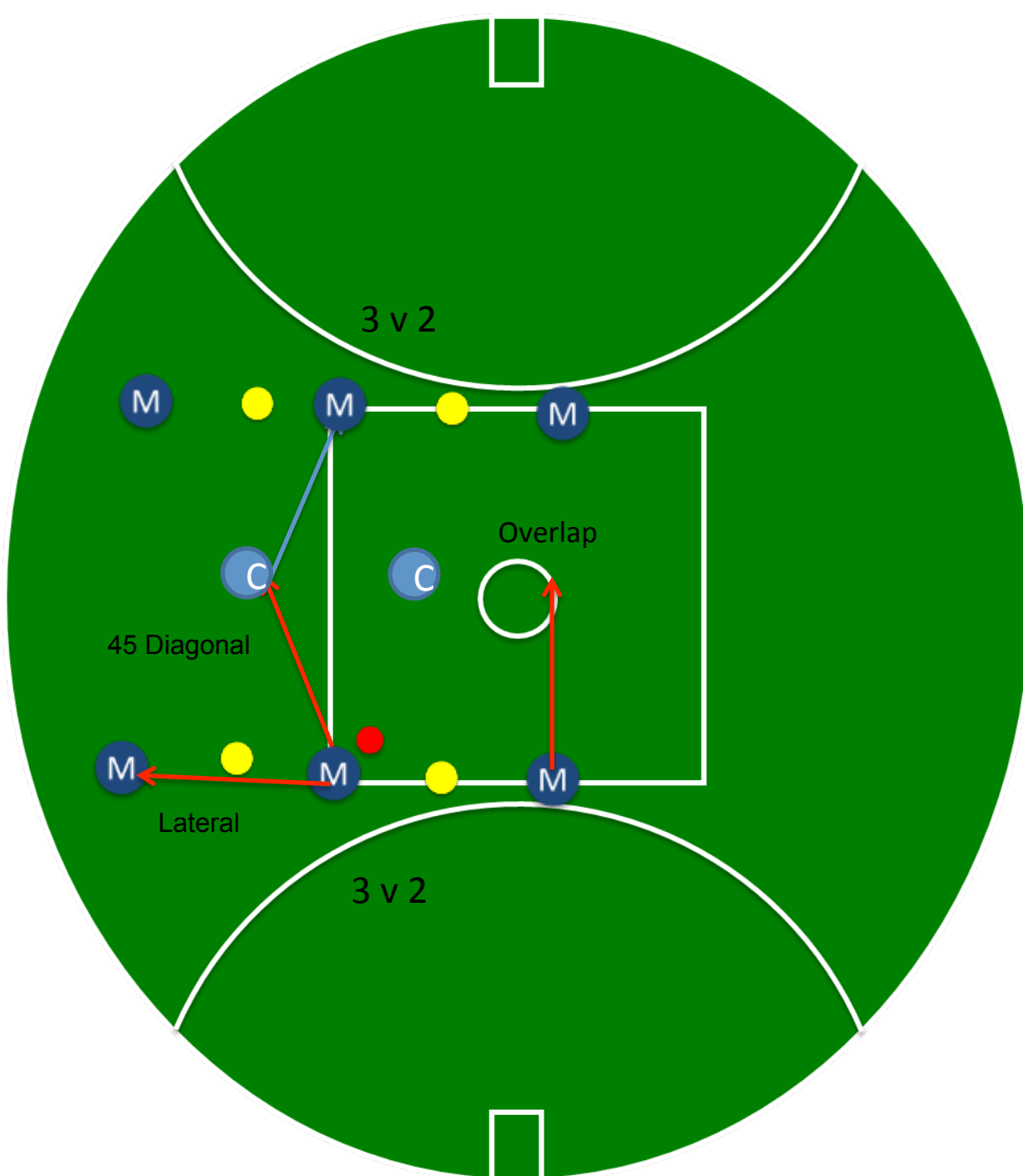
Lateral or Diagonal Double your possessions

Purpose

- 45 Diagonal
- Kick and follow on
- Change angle when keep Possession

KEY POINTS

- Hand to foot
- Look 45 and Lateral
- Of one step hit kick



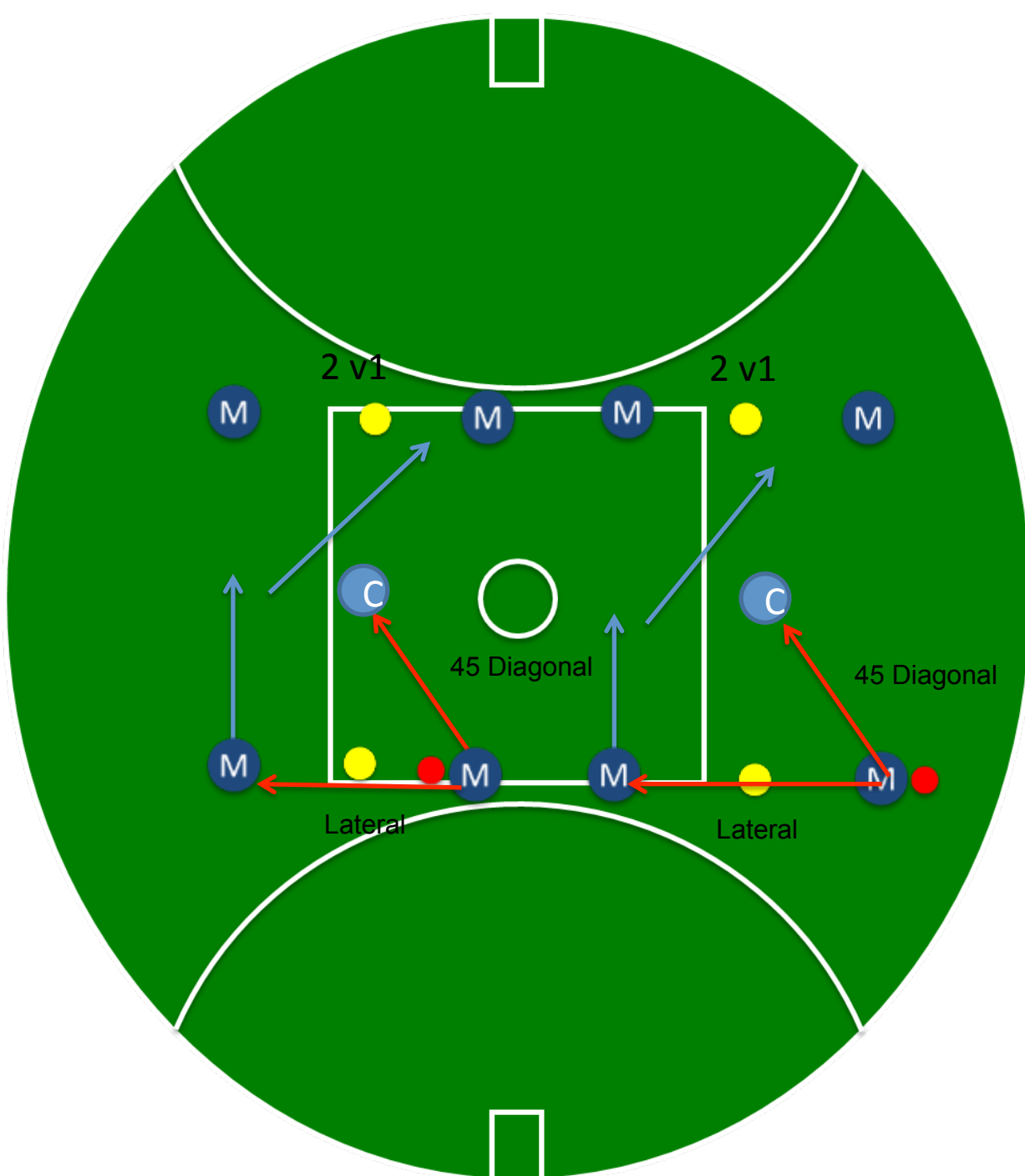
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Decision making

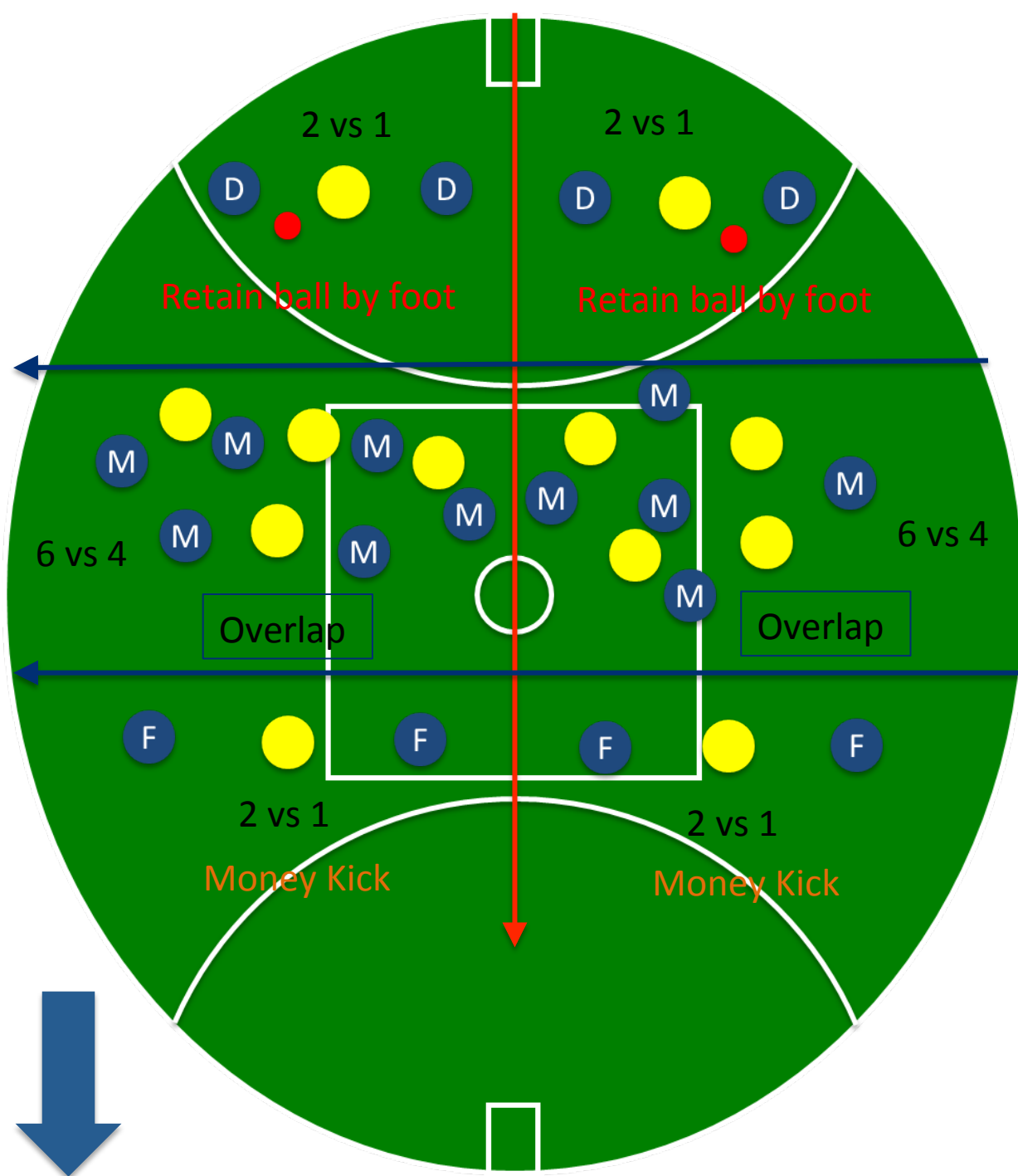
10 vs. 6

Purpose

- Back 50 low risk by foot
- Shift the defense
- Numbers in a area.
- Create Fast play through overlap

KEY POINTS

- Always have defensive structure
- Move ball through lateral and diagonal possessions
- Run from behind football



Ball movement 10 vs. 9

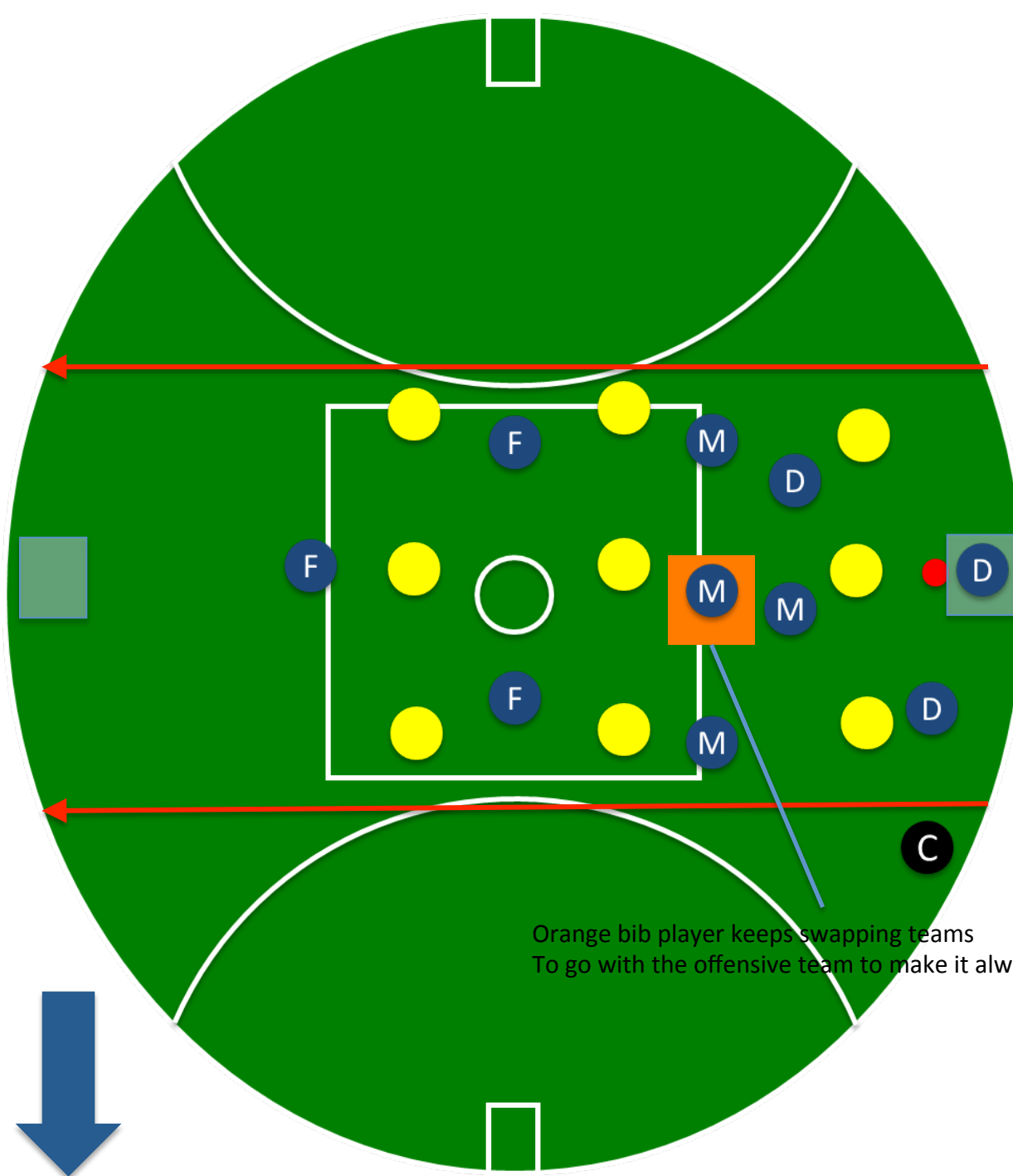
Purpose

- Slow play into quick
- Move the defence around
- See opportunity take the opportunity (Numbers)

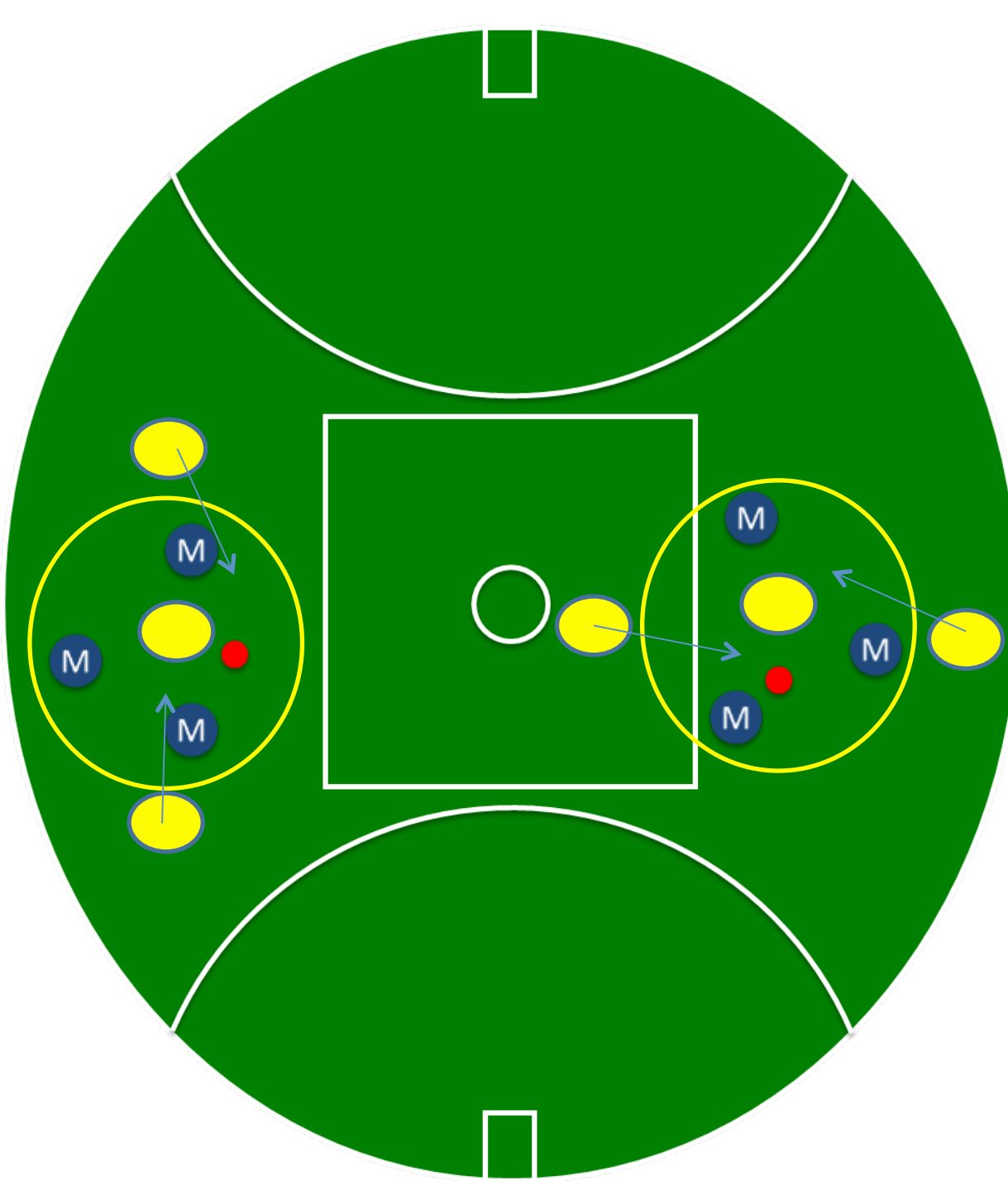
KEY POINTS

- Retention of football
- Low risk with football
- Move in and out of space
- 45 kick go overlap handball
- Forward open space to run into.

Orange bib player keeps swapping teams
To go with the offensive team to make it always 10 vs 9



Handball Drills



Handball

Take pressure free player into space. After 3 handballs the next pressure player comes into the circle

Purpose

- Drive legs
- Receivers 10 to 2
- Quick hands
- Work rate

KEY POINTS

- Strong in the tackle
- Short handball
longer handball

Handball through congestion

Purpose

- Retain the ball by hand

Coaching Points

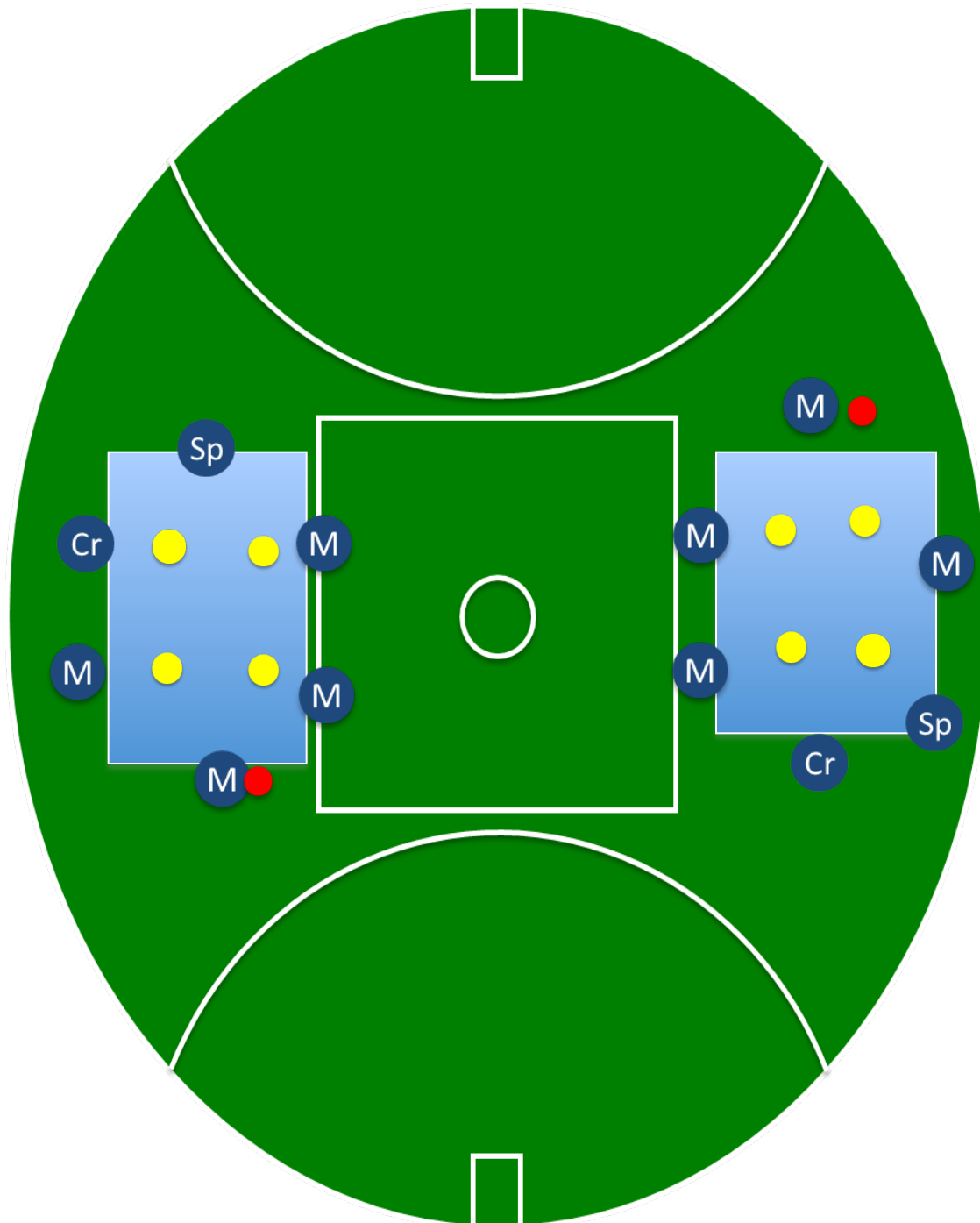
- Draw players
- Running patterns of receivers

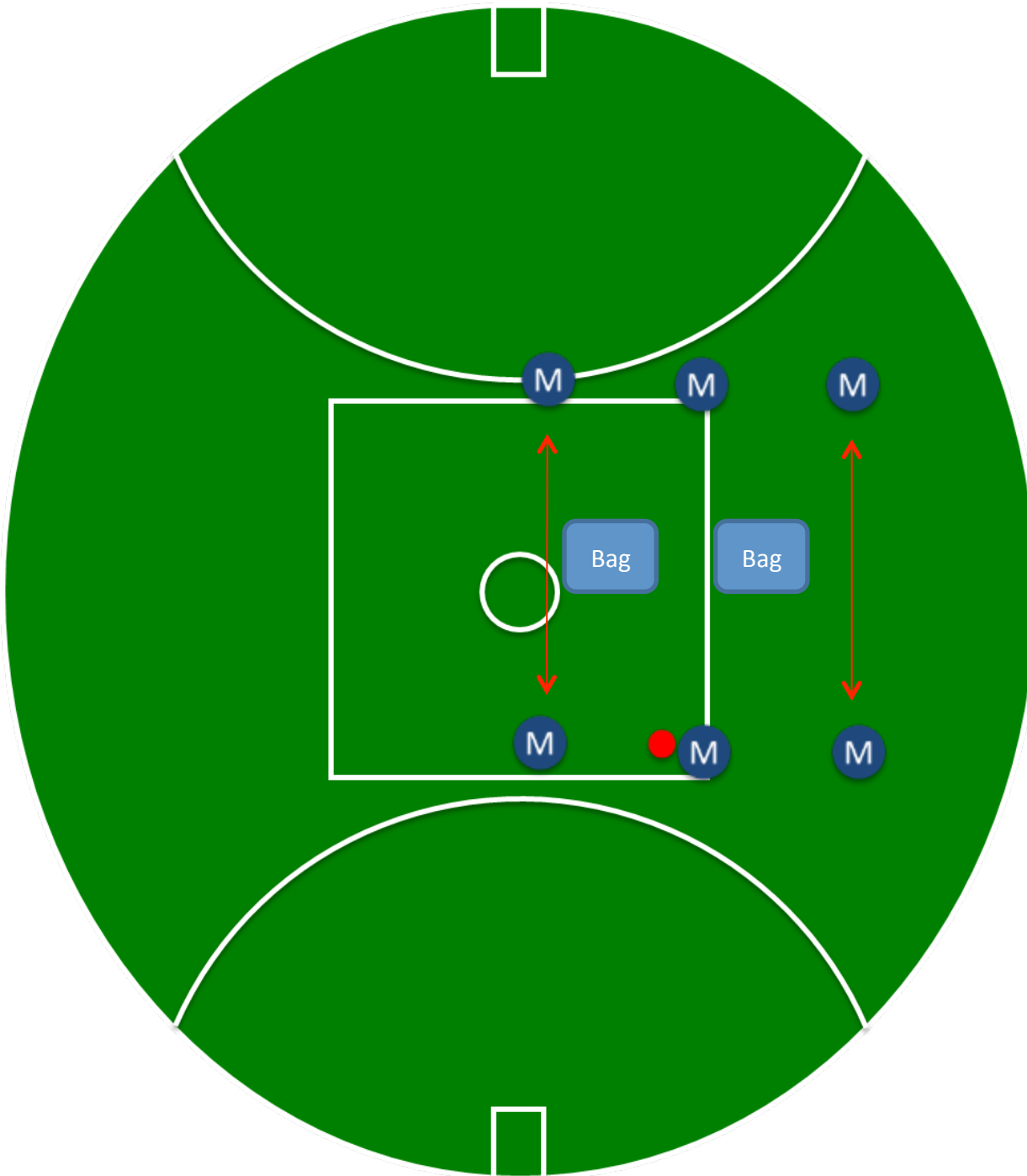
Instructions

- Ball starts at one end
- Defenders in the middle
- Players move in and out of space
- Ball moves to one end and then repeats

Note:

Small groups so players are continually working up and back. Max 12 attacking players each side.





Handball

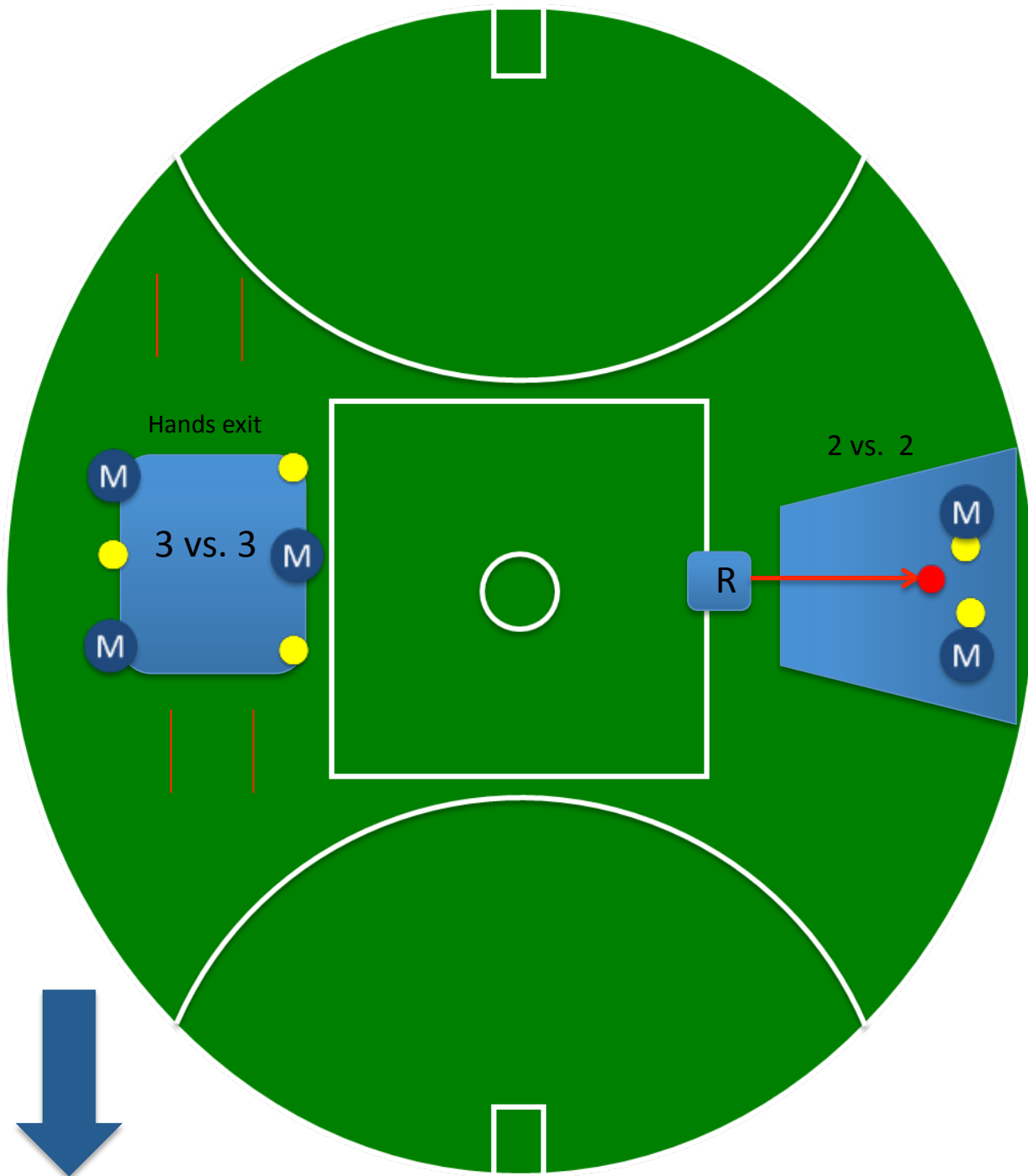
Take pressure free player into space

Purpose

- Take on the pressure
- Ball carrier commit defender
- Receivers stay lateral
- Handball turn should eyes on Receiver no look away handballs

KEY POINTS

- Drive legs
- Players 10 to 2
- Short handball
longer handball



2 vs. 2

Purpose

- Strong body position
- Defend the opposition

KEY POINTS

- Positioning
- Protect drop zone area
- Watch the flight of football, read the cues

- Know where your support is located
- Move out on a 45 degree angle
- Release team mate into space

[illegible][illegible]

A diagram of a soccer field with a green pitch and white boundary lines. The field is divided into three main sections: a top half, a central rectangle, and a bottom half. The central rectangle is labeled "40M Length". Four blue rectangular boxes labeled "Goals" are positioned at the corners of the central rectangle. A red arrow points from the right side of the central rectangle towards the left side. Several player icons are scattered across the field: yellow circles, black circles, and blue circles with letters (M, C, D, F). A large blue arrow points downwards from the top of the field.

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Handball game

Accountability

5 vs. 5

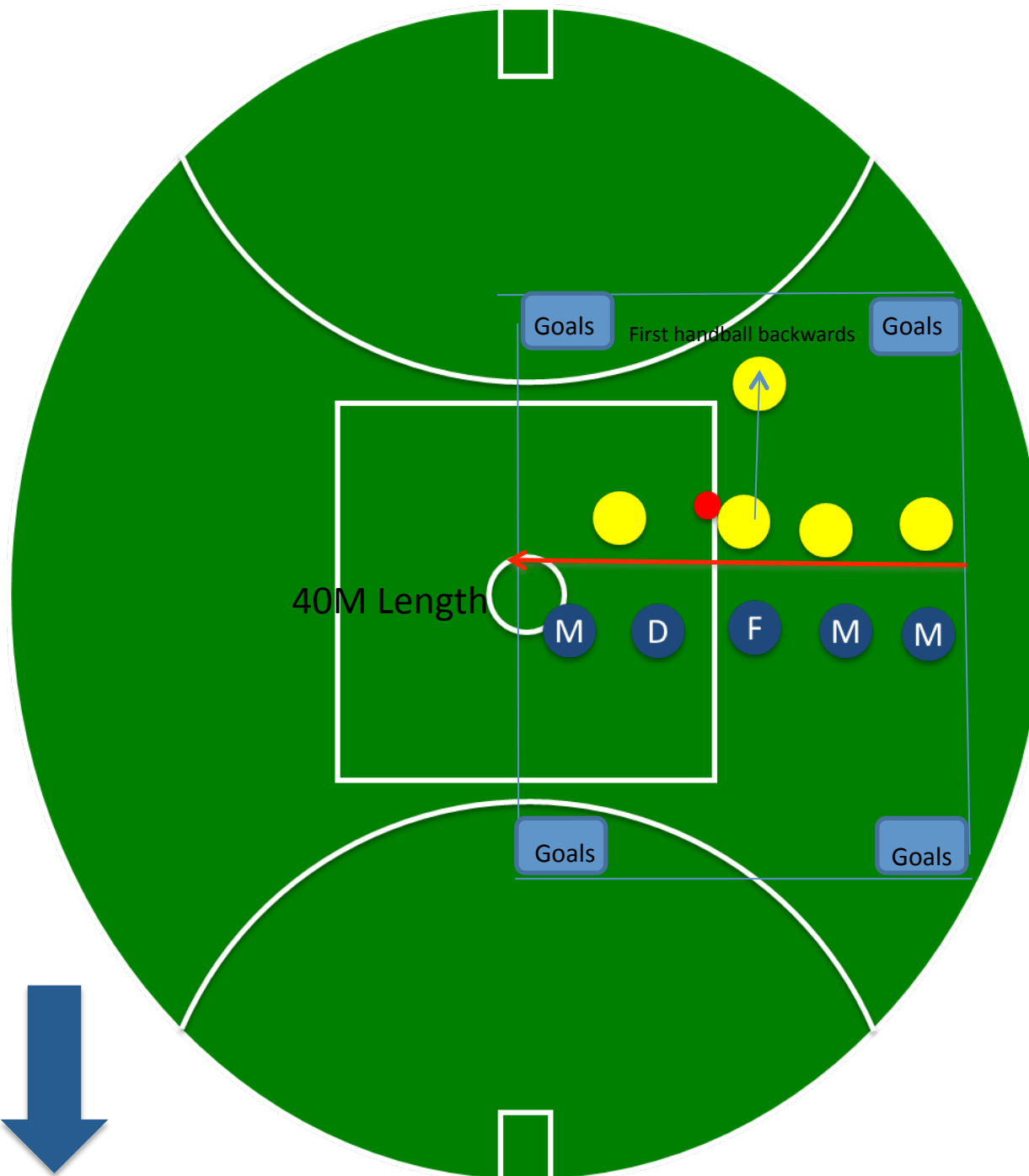
1.30 min

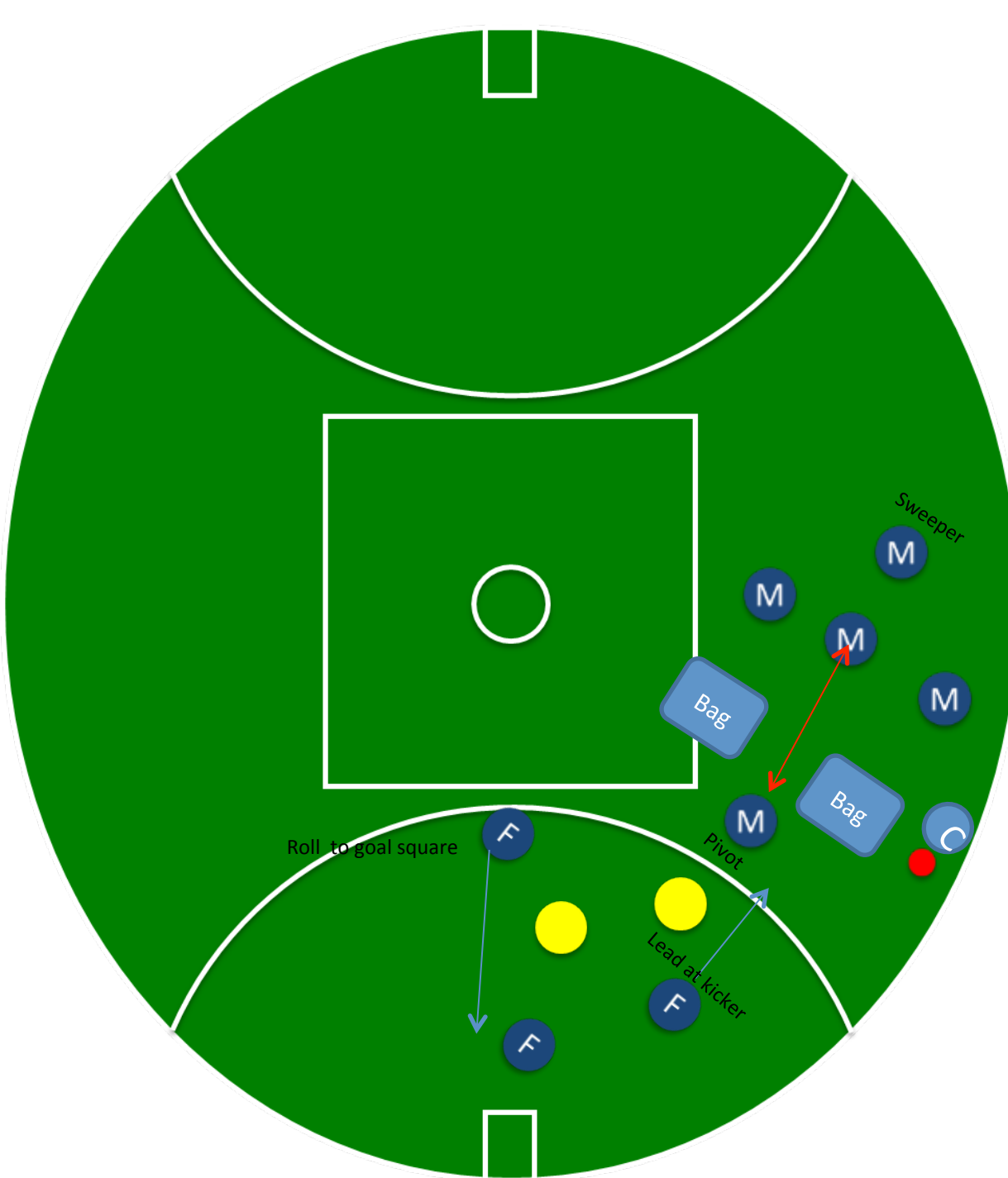
Purpose

- Reaction time congestion
- Width
- Pivot handball

KEY POINTS

- Work rate
- Accountability
- Communication Hand Overs
 - Rule of 3





3 vs. 2

Take pressure free player into space

Hit the forwards

Purpose

- Take on the pressure
- Ball carrier commit defender
- Receivers stay lateral
- Handball turn should eyes on Receiver no look away handballs

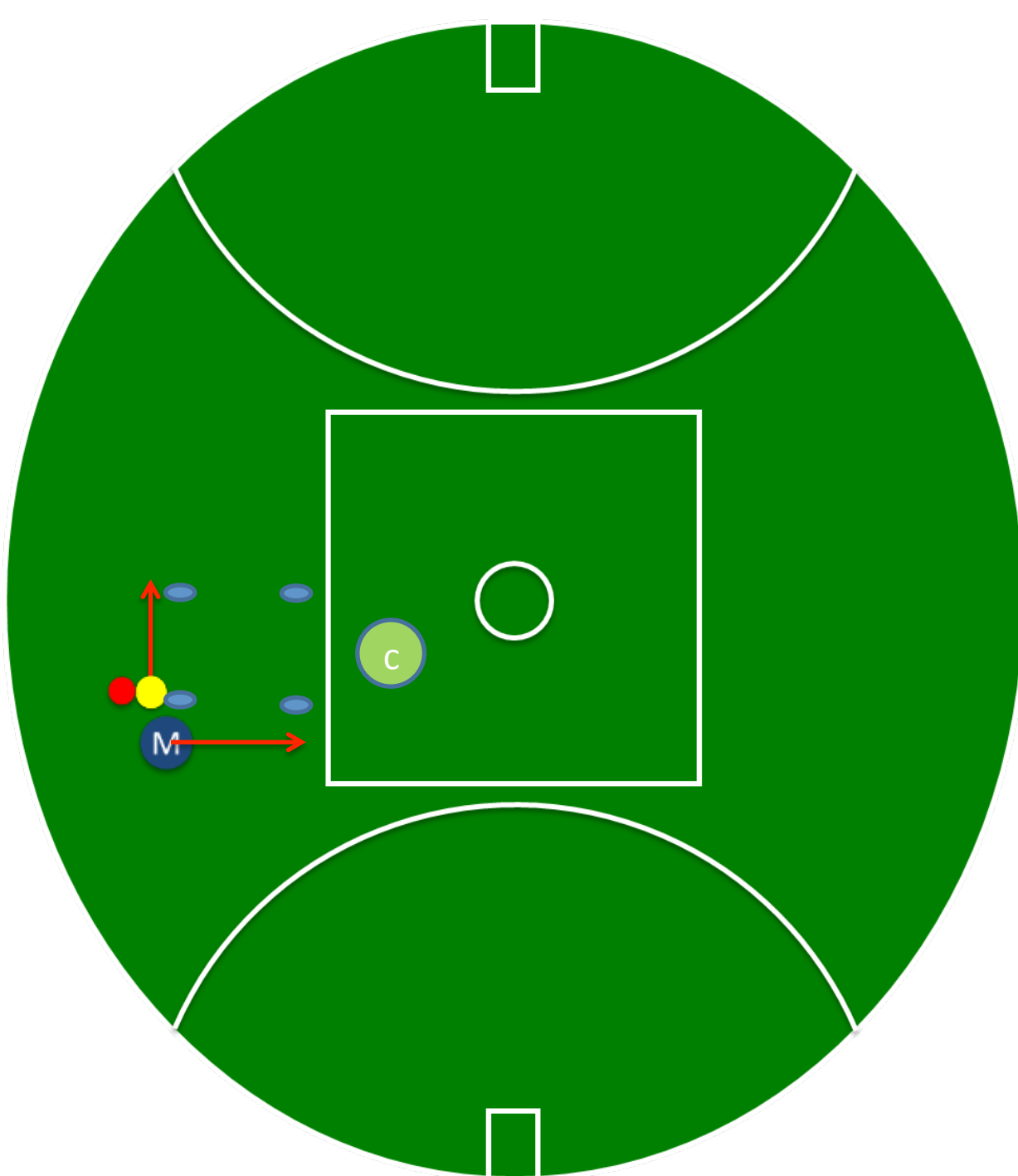
KEY POINTS

- Drive legs
- Players 10 to 2
- Short handball
longer handball

- Predictable
- Own the ground

- Positioning of fwds
- Hands Skinny side
- Short kick Fat-side

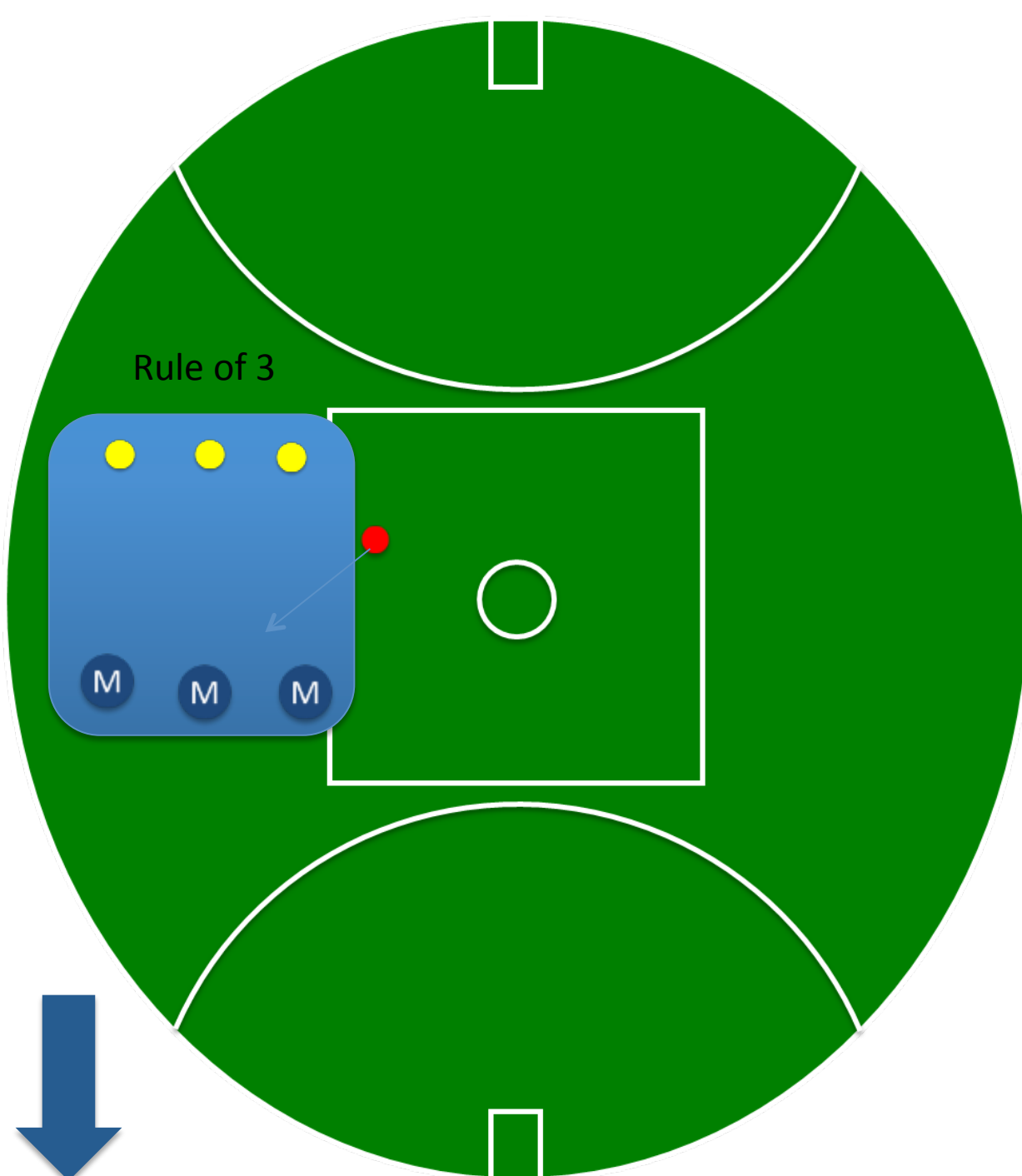
Tackling



Tackling Push boundary

Purpose

- Close space
- Short feet
- Pick a shoulder

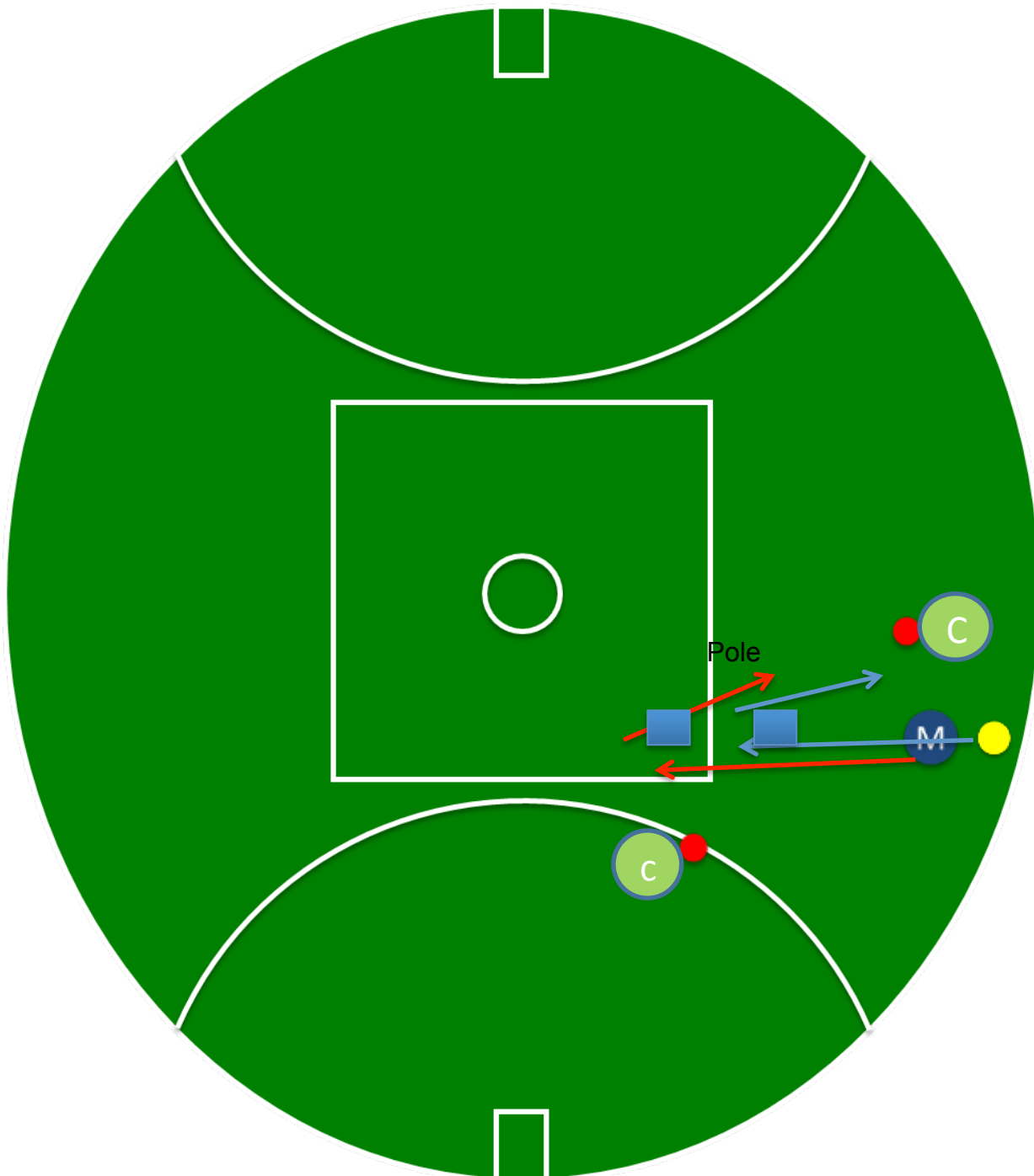


Rule of 3

1. Communication
2. Pressure on the ball carrier
3. Pick of the receivers
4. Hand overs

KEY POINTS

- Close space
- Short feet
- Keep in-front

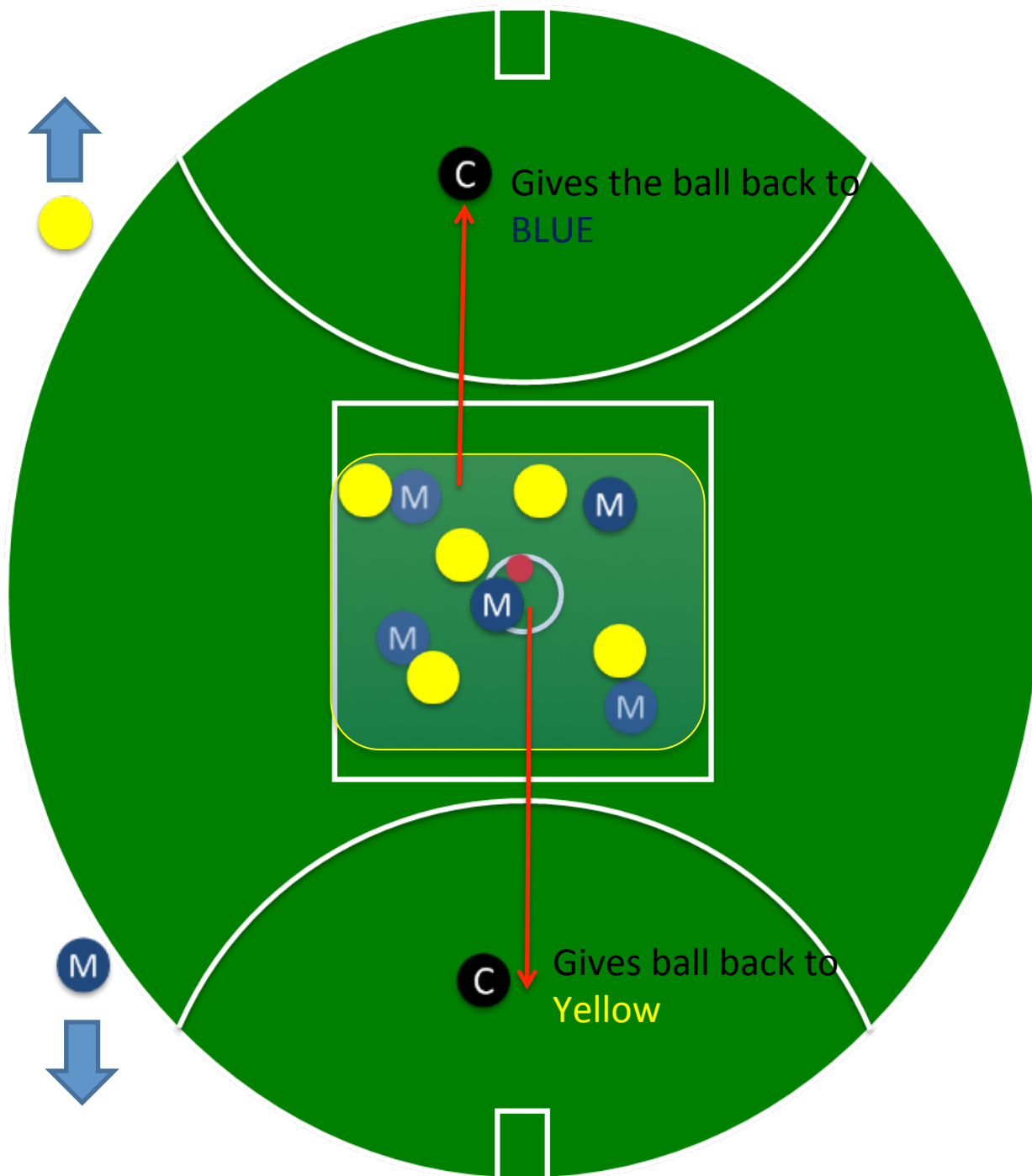


Ground level pressure

Purpose

- Stay low
- Keep your feet
- Pick a shoulder

Accountability



Accountability Defense to Offence

Purpose

- 1.30 ball in play
- Work rate
- 45 Diagonal running
- Coverage

Ball Movement

Decision making: 1.30 min

Purpose

- Game style patterns

KEY POINTS

- Midfielders in play or out of play
- Defenders overlap running
- Forwards leading patterns
- Ruckman patterns
- HF patterns

One whistle mark
Two whistle slow play

