

SKILL TEACHING & DEVELOPMENT



Activities & Teaching Points

Skill Teaching and education is extremely important not only in a footballers formative years, but continues throughout their career. To improve, players must be persistent in learning, refining and adjusting their skill execution to the specific nuances of Australian Rules Football. Getting the basics right takes practice and perseverance but when solid technique can be attained and maintained, high performance will follow.

Assuming a player knows and understands the fundamentals of football is a common mistake coaches make and a basic, yet effective process in education players about skills is the 'SPIR' method. This is detailed below.

S for Show (or Demonstrate)

- Name the skill.
- Demonstrate the whole skill.
- Give your teaching points (no more than three points).
- Ask if there are any questions.

P for Practice

- Demonstrate the skill once again.
- Send the players out to practice immediately.

I for Instruct (or Correct Errors)

- Use only small groups.
- Stand back and observe each performer.
- Offer advice.
- Keep repeating the key points about the skill.

R for Reward

- Praise players for good efforts.



Handball Technique Points

- The ball must be gripped lightly with the platform hand and hit with a clenched fist.
- The punching fist is formed by placing the thumb outside, not inside the fingers.
- The stance is nearly side-on to allow the punching arm to swing through freely. Knees are slightly bent to maintain balance.
- For a right-handed handball, the left foot is forward and vice versa for a left-handed handball.
- The punching arm is also slightly bent.

Hands

Type	Key Points	minimum players req.
Train tracks	<ul style="list-style-type: none"> • Give and receive on same side • Alternate hands each time • Alternate distance apart after a time 	2
Circles	<ul style="list-style-type: none"> • Receive on one side and give out the other • Switch sides after a time • Alternate distance apart after a time 	2
Over's & Under's	<ul style="list-style-type: none"> • One player handballs over the top, the other handballs underneath in unison • Swap after a time 	2
Varied feeds	<ul style="list-style-type: none"> • Partner throws the ball into different spots • Receiver adjusts body and hands to quickly take and dish back • Continuous for a time then swap 	2
Half volleys	<ul style="list-style-type: none"> • Bounce ball just in front of their feet and receiver picks up on the bounce • Receiver handballs back on the up, don't stand before giving back • Alternate feet and hands over time 	2
One keen returns	<ul style="list-style-type: none"> • Receiver on one knee to simulate contested gather • Bounce ball just in front of them and receiver picks up on the bounce • Receiver handballs back on the up, don't stand before giving back • Alternate knee and hands over time 	2
Hand to hand	<ul style="list-style-type: none"> • Stand face to face with partner approx 0.5m apart. • Arms raised above head with palms facing partners hands • Two football are required to be between the two players hands (each player has a hand on each football) • Move the footballs in a clockwise direction and roll them through your hands without dropping 	2
Pyramids	<ul style="list-style-type: none"> • Moving the ball in a clockwise direction between 3 or more players • Change direction in the following sequence - 1 left, 2 right, 3 left, 4 right, etc • Continuous to beat previous best 	3
Differ depth	<ul style="list-style-type: none"> • Give and receive from alternate players • One could be close and one could be further back to create an adjustment in depth • Rotate so all get turn in middle 	3
One in middle	<ul style="list-style-type: none"> • Give and receive from alternate players all in a line • Player in middle swivels body to receive and give back to same player • Alternate trajectory of balls (up high, on ground, at chest, etc) • Rotate so all get turn in middle 	3



Kicking Technique Points

- Line up your body with the target. Have your head slightly bent over the ball. Hold the ball over the thigh of the kicking leg.
- Guide the ball down with one hand.
- Point your toes at your target – watch the ball hit the foot.
- Follow through straight towards the target.

Kicking (different types)

Type	Where used	Key Points	minimum players req.
Normal	field kicking	<ul style="list-style-type: none"> • Take a number of steps before release • Square hips to target • Alter pace to reflect game situation 	2
To advantage	receiver in contested situation, kicking to his advantage side	<ul style="list-style-type: none"> • Receiver to initiate contact with defender • Receiver to hold ground, judge flight of ball and move to receive late to avoid interception from defender • Push off defender to create space 	3
Penetration – low trajectory	switch kick in defensive half	<ul style="list-style-type: none"> • Mimic game situation, pull back on mark square of receiver • Swivel head, square hips and hit low flat kick to target. 	2
Weighted	kick to where the player is running, judge speed/distance	<ul style="list-style-type: none"> • Take a number of steps to release. • Provide flight and weight kick out in front according to player movement 	2
One step	gather and release under pressure	<ul style="list-style-type: none"> • Push back hard from mark • One step kick 	2
Around corner	spotting targets in contested situation, no time to straighten	<ul style="list-style-type: none"> • Receive and kick in one movement • Don't square hips to target • Alter position of receiver to simulate match situation 	2
Set shots	set shot in fwd arc	<ul style="list-style-type: none"> • Establish comfortable routine • Try to have someone on the mark or something to kick over to simulate match conditions 	1
Snaps	under pressure in fwd arc, no room and/or time to square hips	<ul style="list-style-type: none"> • Set markers to move around and kick • Can receive and kick in one motion • Add pressure to simulate match situation 	1