

CLAREMONT FOOTBALL CLUB

Tigers Academy



COACH HANDBOOK



PLAYER DEVELOPMENT



Areas & Expectations

Whilst many theories and differing beliefs exist in relation to the concept of skill development, the following guidelines are strongly promoted by the CFC:

- 1) Technique should be taught and remediated as early as possible. It becomes very difficult to make significant changes to a player's action at the age of 17 or 18. Even the best techniques can break down under pressure so it is vital that emphasis be placed on this from the earliest possible time. Where possible, break training groups down to the smallest coach: player ratio that you can facilitate so that individual attention can be given to players. Filming technique will assist analysis. Common kicking flaws and their causes can include:
- 2) There are so many different skills that occur in our game and coaches should encourage players to practice as many as possible. Kicking, for example, has many different types. In any given game, a player may use any of the following:

- Flat, low kick to player leading at the foot
- Flat, lateral switch kick
- Kick with penetration to kick over a distance quickly
- Weighted kick to player running away
- Kick to advantage
- Kick over a hard guarded mark
- One step kick
- Kick around the corner
- Grubber along the ground
- Shot at goal on the run
- Snap
- Set shot for goal

The same goes for handballing, touch, ground balls, and the list goes on. If players only practice the same basic skills every session (lanework), they can't be expected to execute the many other types in games.

- 3) Assuming technique is sound, skills should be practiced under a range of different game related pressures. A player who never practices under match scenarios will struggle to adapt on game day. Pressure can be added to skill practice in the following ways:
 - Insisting that the player is at top pace prior to executing (forces them to work on balance and in some cases the action must alter to compensate);
 - Adding a decision making component just prior to execution;
 - Adding physical pressure prior to execution (eg player chasing from behind);
 - Fatiguing the player prior to execution;
 - Adding time constraints.
- 4) Players should be encouraged to work on their touch as much as possible, both during sessions and away from the club. Touch work should be performed at the highest intensity possible and will develop clean hands and effective inside players.

Game Sense

Players should participate in small sided games or drills that aim to develop a player's understanding of what to do in transitional phases of the game (changing from an offensive mentality to a defensive one, and vice versa).

1) Offence

An understanding of the importance of space and how to create it is crucial to ball movement. Talented junior players who are used to dominating club games will struggle to understand that they will often have a role to play in creating space for a team mate. Manipulating the numbers in small sided games will help to create these scenarios. For example, giving the team in possession one extra player and asking them to retain possession in an area will force them to use the spare man intelligently. There will be many times that the game can be stopped to ask questions of the players about their positioning or lack of!

2) Defence

The concept of running hard defensively is foreign to many talented juniors and many are held back by this at higher levels of the game because it makes them liability against quick opposition ball movement. Drills that promote the concept of defending the "goal side" of an opponent and covering the "most dangerous" will help develop their appreciation for needing to respond to transition quickly. The importance of "team defence" and communicating should flow from this. Players who understand this and are prepared to do it unconditionally will find it easy to adapt to Colts football and beyond.

Fitness

Modern football requires all players to be able to run well and, given the rotational nature of the game, players must develop the ability to repeat efforts.

Conditioning should reflect the requirements of the game and high intensity interval training (periods of work broken up with rest periods) should be used. Long continuous running at a lower intensity should be avoided. Elite draft age players often record 3km times in the 10-11 minute range and developing academy players should use this as a benchmark.



Leadership

Players should be encouraged to take responsibility for their own development. Players who enter a Colts program having been spoon fed for years prior often lack initiative and don't easily identify their own areas for improvement.

Initiatives that encourage this include:

- Player driven "extras" before and after training where the time is used to address individual areas of improvement;
- Creating individual development plans with clear strategies for improving. These should be formed in conjunction with the player:
- Player driven coach discussions;
- Player driven review of vision from games or training.

The benefit of these initiatives can be explained and demonstrated to players but the onus should always be placed on them to instigate. Reminders and suggestions are fine, but much can be gleaned from observing those that embrace the concept and those that don't!

Coaching style

Whilst coaches should always stay true to their own style and philosophies, there can't be any doubt that training sessions should be seen as learning opportunities for players. With this in mind, it is fine for training to look messy, for mistakes to be made, and for training games to be open ended and lack lots of detailed instruction to allow players to work their way through it.

All training activities should be planned with the following in mind:

What do I want the players to learn?

Learning often comes through making errors. Setting up a game or activity and only giving the players brief instructions will force them to come up with the answers. After they muck it up a few times you can ask them questions and lead them to the solution, BUT DON'T TELL THEM! When they get it right and can tell you why then you can be sure that learning has occurred. If you are the fountain of all knowledge and all you do is talk and they listen, then can you be sure they understand?

Other considerations:

- Do you have a session plan and do you specify timings?
- How will you use your assistants and do they know in advance what they'll be doing?
- Do you have objectives or goals for the session?
- Have you broken the group up to reduce coach:player ratio and ensure high levels of participation?
- Do your drills progress in difficulty?
- Have you thought of the type of questions you'll ask the players?

PLAYERS RESPONSIBILITY



Training Recommendations

Apart from a lift to training, you need to start taking responsibility for your own development. Everything that you are asked to do as part of your involvement with our program is designed to put you in control of your own progress. From this point on in your life, things get a bit harder and tougher – and that's not only in footy. The quicker you learn to do things yourself, and not pass blame and responsibility onto others, the more you'll grow as a person and as a footballer.

Here are some examples of where you take control:

Players are expected to arrive ten minutes prior to the scheduled meeting time (Tiger Time)

Training absence

If you know in advance that you'll have to miss training because of another commitment, it's courtesy to let someone know in advance. There will be no issue with you missing a session because of a family event or conflicting engagement. Where possible, try to schedule appointments around training, but this isn't always easy and that's also fine. The key is communicating this. If you want to go to a festival with your mates, then no one will stop you, but perception in footy is everything – you are judged on what you do and how you go about it. And the worst thing you can do is lie.

Sick or running late

When you rely on someone else for transport then it's possible that you may run late at some stage. Maybe your boss makes you work back. Maybe you started feeling crook at school after lunch. Whatever the case is, your responsibility is to make sure that you have your phone with you at all times and you make contact. This is no different to the real world.

14s & 15s should all have a **CLUB CONTACT** (e.g. Talent Manager, Club, etc.) at a minimum in your phone, and in the case of 16s thru colts, make sure you also have the numbers of your **COACH & TEAM MANAGER** as well.

Packing for training

Players are required to dress appropriately for training (football jumper & football shorts). If you don't have a bag or backpack, get one. You need to bring the following to all sessions, including Saturday mornings:

- Boots
- Joggers
- CFC Training singlet, Football Jumper, Football shorts and socks
- Mouthguard
- Towel
- Bathers/spare shorts for pool and/or ice baths
- Water bottle (pre fill for sessions away from Claremont Oval)
- After training snack (see suggestions)

Fuelling and hydrating prior to training

Particularly in pre-season, there are two factors that combine to make this training some of the hardest you'll encounter. One, the volume of work that you complete is greater, and two, it's the hottest time of the year. Whatever the time of year though, a player that fails to stock up on energy, and doesn't hydrate sufficiently, also fails to give themselves the best chance of getting maximum benefit from sessions.

Your responsibility is to ensure that you understand the type of food you should be eating to maximise energy stores, and also that your drinking habits are correct. Once you have this under control, you then need to ensure that your day is planned around this. For example, if you are working outside all day and everyone else just gets a pie and coke at lunch, you can't just do the same. It will require you to buy the correct food or have packed it to take with you. Waiting two or three hours to have a drink is also too long. Take a big bottle of water with you.

Everyone has different digestion rates. To avoid getting a stitch, ensure that you leave enough time between your main meal and training.

After training

Sweat losses particularly in pre-season can be as much as three or four kilograms of body weight. This must be replaced and the best time to start is immediately after training. Basic formula is drink 1.5 litres for every litre lost exercising.

Eg: Pre training you weigh 75kg
 Post training you weigh 73kg
 Loss = 2kg
 Formula is then $2 \times 1.5 =$ Aim to drink 3 litres to balance fluid deficit.

Injuries

Niggles or strains that are left alone can rapidly deteriorate and become bigger issues than they should be. General soreness is natural and can be managed by good recovery practices. Anything worse than this should be checked out. The following procedure must be followed:

Injured during training:

- 1) Report to the coach
- 2) See the physio first, a trainer second, or the S&C coach third
- 3) RICER and/or modified skills under direction from one of the above (under no circumstances do you do nothing)
- 4) Arrange further assessment/treatment
- 5) **Obtain prognosis and rehab from physio to bring to training**

Injured away from training:

- 1) Arrange to see physio as soon as possible
- 2) Notify Coach if there is an extended period of time before the next session (RICER meantime)
- 3) **Obtain prognosis and rehab from physio to bring to training**
- 4) Report to physio & S&C coach at next session to coordinate and document rehab

EXPECTATIONS



Game Day & Training

- Punctuality is crucial. Make sure you are fully prepared and arrive on time at each venue. All players must arrive at least 1 hour prior to bounce down.
- Set a target to arrive ten minutes prior to the scheduled meeting time (Tiger Time)
- Players must listen carefully whenever coaches are speaking, and ensure to be “between 10 and 2” in front of the coaches line of vision.
- The Claremont shirt with black pants, black belt and black shoes must be worn to and from each game and to any official functions (jumper presentation, awards, etc.). You will be issued with a Claremont shirt prior to the commencement of the season/carnival; however you will have to supply your own black pants, belt and shoes.
- All players must wear the Claremont shorts and socks they have been issued for each game.
- Players not selected to play are asked to run water and assist in the administration of the day. Don't just stand around: get stuck in and help your teammates.
- Inappropriate or ill-disciplined behaviour during games will not be tolerated. Where the coaches deem necessary the player involved may face disciplinary action, which in extraordinary circumstances could involve suspension. Misdemeanours may include, but is not limited to, swearing, misuse of property, disputing an umpires decision and send offs.
- Listen to the runner's instruction and attempt to implement them to the best of your ability. Arguing or protesting an instruction or comment from runners or coaches during the match will invariably lead to greater frustration and poor performance.
- If you are running late, you must call your Team Manager, Coach, or Program Manager or (in that order) before the scheduled arrival time **or you will not be selected to play.**
- When players come into the team for the day, particularly country and school based players, make every effort to introduce yourself and make them feel welcome.
- Respect the venue and the people there whether it be home or away. Using manners to those making it possible to play football (e.g. property men, trainers, team managers, gate staff, etc.) certainly goes a long way.
- If you have any concerns about any aspect of your game, make sure you speak to your coaches.

SPECTATORS/ PARENTS

Your parents and relatives are welcome to attend the games, however we ask for the following courtesies to be observed.

- Access to the player's change-rooms is limited to after the game only. Prior to the game, and at half time, only players and officials are permitted in the rooms. This is simply to allow players and coaching staff to focus on preparing for the game.
- The WAFL does allow spectators on the ground at $\frac{1}{4}$ and $\frac{3}{4}$ time breaks. But please keep some distance from the player group and do not attempt to talk to your son during this time. He will have enough to worry about in terms of instructions, expectations and the context of the game and any further input is likely to confuse and disorientate his concentration.
- Players will not always get the feedback they want or think they deserve so we would ask you to be supportive of any messages we are trying to get across to the player. Praise and Resilience both have roles to play in getting the best from any player.

PRE-TRAINING WARM-UP ROUTINE



Example

TO BE COMPLETED BEFORE THE START OF THE TRAINING SESSION

JOG 1 LIGHT LAP OF THE OVAL (TAKE A BALL)

RUN THROUGHS (30m LENGTH)

- HIGH KNEES X2
- HEEL KICKS X2
- SIDE TO SIDE X2
- GRAPE VINE (CARIOKA) X2
- TOUCH THE GROUND X2
- HIGH JUMPS X2
- 50% ACCELERATION
- 75% ACCELERATION
- 90% ACCELERATION

LEG SWINGS x10 EACH LEG (FRONT TO BACK & SIDE TO SIDE)

MOVE INTO;

- TOUCH
- SHORT KICKING
- INDIVIDUAL DEVELOPMENT PROGRAMS



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

KICKING REMEDIATION TABLE



FAULT	EFFECT ON KICK	SUGGESTED CORRECTION
1. Excessive Ball Movement	<ul style="list-style-type: none"> - Poor contact angle to foot - Excessive lateral movement away from kicking leg-Hook - Affect total body balance 	<ul style="list-style-type: none"> - Concentrate on alignment with kicking foot <p>9,12</p>
2. Running at angle to target	<ul style="list-style-type: none"> - swinging action on kick - hook 	<ul style="list-style-type: none"> - use of cone corridor - step on kicking foot - two goal posts 1m apart <p>9, 12</p>
3. Early or poor ball release	<ul style="list-style-type: none"> - poor angle of contact with foot - Esp. Critical on the run 	<ul style="list-style-type: none"> - hand on bottom half of ball - improve webbing - size of ball - See "9" & "10" <p>2, 3, 4, 8, 10</p>
4. Planted foot across kicking foot	<ul style="list-style-type: none"> - swinging action on kick - hook 	<ul style="list-style-type: none"> - line along running path not to be trodden on <p>9,12</p>
5. Body too upright on release	<ul style="list-style-type: none"> - Reduces length and increases height 	<ul style="list-style-type: none"> - "Sniff the Ball" - Extend planted foot further <p>7, 10</p>
6. No rhythm in run up - Stutter	<ul style="list-style-type: none"> - reduces length and increases height 	<ul style="list-style-type: none"> - cadence cones - cadence tape - Proprioceptive techniques ie run up with eyes shut <p>5</p>
7. Weak ankle impact with ball	<ul style="list-style-type: none"> - reduces length and accuracy 	<ul style="list-style-type: none"> - "point toe at target" - Sound at impact <p>1, 10, 13</p>
8. Toe pointed at sky on impact	<ul style="list-style-type: none"> - increases height - reduces distance 	<ul style="list-style-type: none"> - As above
9. No counterbalance arm	<ul style="list-style-type: none"> - poor kicking balance - lack of distance - reduces accuracy 	<ul style="list-style-type: none"> - holding on to upright post with non-guiding hand and off one step, kick the ball <p>8, 10</p>
10. No drive from upper leg ie snapping at kick with lower leg	<ul style="list-style-type: none"> - reduces distance - kick too flat 	<ul style="list-style-type: none"> - As above - "kick with knee" <p>1, 8, 10</p>

KICKING ACTIVITIES SHEET

- 1. no step kicking** - Kick to position 10m apart without taking a step. Make sure ball does not go over head height. When mastered back to 15, 20, 25 meters.
- 2. grip work and ball handling** – ball handling activities designed to improve the control of the ball and spread the webbing of the hands. Figures of eights, palming ball from one hand to another, through the legs etc etc – all the ball movements should have the ball in the correct orientation for a drop punt kick.
- 3. kick to self** – 30 each leg – support leg must move off spot – designed to develop control in support leg and improve ball guiding to foot.
- 4. kick 20m off one step, 30 @ leg work on balancing leg** – designed to improve balance on support leg and guiding off the ball – start in kicking position and advance only one step before kicking the ball 20m
- 5. triangle kick – three players-15m apart-kick off 1 step and concentrate on landing kicking foot run to target partner** – designed to kick when changing direction, landing on kicking leg and following kick, When players have run to target partners cone they must then run back the cone they kicked from to receive the next kick
- 6. solo run x4 over 40m** – designed to develop ball control to foot when on the run and develop the ability to “weight the kick” ala Gaelic football skill
- 7. kicking into hoops, bins or handball target – various distances and depth perception work** –designed to develop kicking control and weighting of kick.
- 8. kicking off 1 step with balancing hand on post or fence – encourages counterbalance, hand and ball guidance** – designed to improve support leg balance position and improve guiding ball to foot. Also, isolates the critical point of the kick- impact – and allows players to “square up” on impact.
- 9. kick at goal through goal posts 2m apart and 20m away** – designed to improve players ability to square up the kick and run in a straighter line prior to impact
- 10. Kick for distance hanging off support leg – encourages greater thigh use in kicking** – designed to recruit more upper leg, torso and buttocks movement to generate leg speed and therefore improve distance. Improve support leg strength and technique and focuses on the critical point of the kick impact – and allow players to “square up” on impact.
- 11. Tennis Ball Kick** – designed to improve hand and foot co-ordination to strike the ball at the “sweet spot”
- 12. Pole Kick** – a ten metre pole is placed in the middle of a circle of players, each 15m away from the centre of the pole. Designed to improve accuracy.
- 13. Trajectory Kick** – kick at target above ground from various distances – similar to activity #7, but also encourages different types of kicking trajectories include flat, hard kicks and loopy, weighted kicks. eg. Kicking into basketball hoops, piercing gaps in walls, kicking flat under a ceiling.

KICKING SKILL REMEDIATION



Using Vision

As a fundamental part of playing Australian Rules Football, the ability to effectively kick the ball cannot be underestimated. A useful tool in measuring and remediating one's disposal by foot is the use of video footage to identify technical positives and flaws and help the player become a better kicker.

To better analyse the kicking action, it can be useful to attach some **structure** to skill remediation without simply having to rely on your "eye".

Basic kicking mechanics

The key to being able to kick the football well is to have a sound technique. While every player's kicking technique may differ slightly, the fundamentals remain the same.

Starting point - IMPACT

In previous years the starting point for teaching kicking was through the staged approach of grip, run up and ball drop. With major changes taking place in Australian Football today, kicking experts agreed that the best place to start when teaching kicking is to actually start at the end. This leads us to 'impact'.

The term 'impact' refers to the point in which the player's foot makes contact with the ball. This is 'the most critical point of the kicking phase. This point will provide players with a clear understanding if they have a sound kicking technique.

With every kicking technique and every kicking situation in a match different, the emphasis on grip, approach, leg swing and follow through is not as critical. Players will learn to adapt these stages of kicking to the situation they may find themselves in.

Some kicking situations in a match will mean the player may not have time to grip the ball normally, may have to kick off one step or may have to kick a low flat ball that requires little follow through. However one thing that doesn't change in relation to kicking technique regardless of the environment/pressure the player may find themselves under is 'impact'. The player's ability to make strong, accurate impact with the ball will ultimately decide if the kick reaches its intended target.

To ensure impact is correct here are three non-negotiables that all players must follow to ensure effective impact.

NON NEGOTIABLES

i. Control of the ball onto the foot

A player's ability to control the ball onto their foot and subsequently into the impact zone, must be correct for the outcome of the kick to be effective.

The player must guide the ball down with the guiding hand cradling the ball and with the release point being at the time the kicking foot leaves the ground, thereby giving the player time to generate power to kick the ball. The ball is released from hip level having had the guiding hand controlling the path and orientation of the ball.

During this process the non-guiding hand comes off the front of the ball and swings up and back in an arc.

The most important component of this non-negotiable is that the ball is vertical, which will allow the player to kick the bottom third of the ball, which will cause the ball to spin backwards.

ii. Acceleration of the lower leg

To kick the ball with penetration and distance, players must generate a high level of lower leg speed.

Lower leg speed is generated by a player's ability to take a steady and long last stride, and take their kicking foot back behind them. At this point a player should swing their foot forward in an 'explosive' action to make contact with the ball. Players don't need to have a large 'wind up' to create an accelerated lower leg movement; however it does require a quick knee extension.

The kicking action is a very natural movement, as the thigh will actually de-accelerate to allow the lower leg to take over and accelerate around the knee joint. Hence, there is no need for coaches to interfere with this sequence of movements.

iii. Firm foot

A firm foot refers to the player's foot at the impact point. For efficient impact the player's foot must be firm (with ankle fully extended) so that when the foot makes contact with the ball, it presents the hardest and most stable platform possible.

It is essential the ball is impacted at the ankle joint and in particular the 'hump' of the foot. Contact further down the foot on the slender foot bones will involve a less stable platform, less efficient contact and may also result in damage to the foot if regularly repeated.

Johnny Wilkinson of England Rugby Union fame believes a hard foot is essential when kicking for goal. In order to visualise a the hard foot necessary to kick the ball, he will tap is foot on the ground and presses the studs of his right boot onto the hard platform of the left foot just to remind himself of the correct part of the foot that he is about to use to impact the ball.

'Look, feel and sound'

An effective kick is measured by it's outcome. The way the kick looks, feels and sounds to a player is very important.

A quality drop punt kick should always spin backwards in a vertical plane. This will ensure the ball's flight path will remain consistent. A backward spinning ball won't always ensure the ball goes straight, but if the ball is spinning backwards it will go further and its flight path will be predictable.

If the ball is spinning backwards but moving left to right, it can be traced back to the impact point and impact line. For a right foot kick, a ball that moves left to right in the air will be due to the player impacting the ball very slightly on the bottom, outside part of the ball. For a right foot kick, a ball

that moves right to left, which is more common, will have seen the player make contact with the ball on the bottom, inside of the ball. The reason a player may make contact more often with the inside or outside bottom of the ball may be due to the direction of the ball drop or the direction of their lower leg swing.

If the kick has been completed correctly the ball should feel light on the foot. The foot should be firm and not absorb any shock. The kick shouldn't feel like you've had to kick it hard. The impact should make a 'thud' sound rather than a slapping sound. Feel is extremely important when kicking the ball and players should remember what a good kick feels like and should try to emulate that every time they kick.

Suggested Procedure

- Record the kicker moving toward the camera and kicking over the top to a stationary target at a comfortable distance (20-30m).
- Watch the skill in its entirety prior to pausing.
- Pause important frames to highlight key points
- Offer remedial suggestions in addition to identifying technique flaws.

'Basic Kicking Mechanics' Technique Checklist

Action	Status
Guide ball down with one hand	
Release at hip level	
Balance arm extended	
Ball is vertical following release	
Long last stride	
Ankle fully extended	
Foot firm	
Impact at 'hump' of foot (feel)	
'thud' on impact (sound)	
Ball spins backwards (look)	
Amount of Lateral trajectory (poor contact)	

Using the above **Basic Kicking Mechanics** technique checklist for reference, analyse the vision and come up with the following:

- Identification of good points and flaws
- Offer recommendations for improvement

Common Kicking Flaws

Technique flaw	Result
Grip too low	No guidance = loss of control; Ball travels too far, takes too long & leg locks.
Hunched stance	Loss of follow through & kicking power (results from low grip)
Two handed ball release	Everything!! Ball floats from hands – at mercy of elements, no balance etc...
No ball lift	No ball lift = no ball guide! Initiates the balance process.
Errant balance arm	Loss of balance, loss of stability in upper torso – leg will follow suit.
No wrist tilt	Kick floaters by making contact with belly of ball.
Ball release too high	Ball at mercy of elements, leg can lock.
Ankle not locked, toe not pointed	Kicking platform gives way = loss of distance, wrong contact area on foot
Knee on kicking leg locked out	Flight path of ball may be elevated as it suggests higher point of impact
Skipping or hurdling in approach	Lose momentum, elevated flight path – hurdling suggests reaching for ball, follow through compromised.
Ball release too far from body	Elevated flight path – hand needs to be retracted, is there elbow bend?
Errant guide hand after ball release	Leads to varied contact with foot = accuracy compromised

*Remediation is based on correcting the technical flaw

Progressions

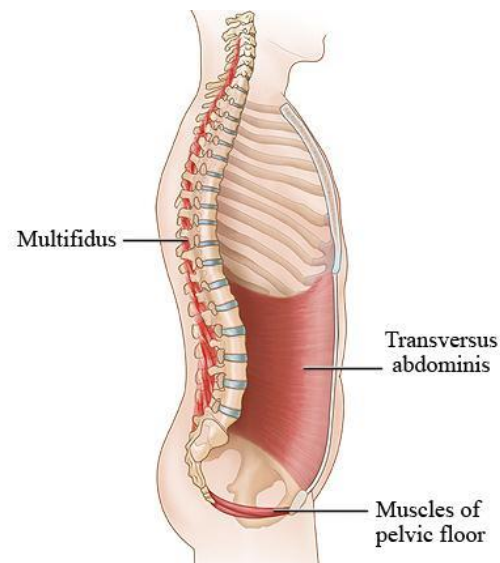
- Other angles can you obtain vision from
- Facilitating player ownership of the remediation
- Comparison to game vision. Analysis under pressure

Note: there is no definitive 'perfect' technique. If the kick 'LOOKS, SOUNDS & FEELS' ok, it's best not to interfere too much!

THE CORE



What is it and how can I improve?



What is the Core?

The Core relates to the body region that is surrounded by the abdominal wall, the diaphragm, the lower back and the pelvis. The core consists of the abdominal muscles, gluteals, hip flexors and the adductors (Groins). Having strong and visible abdominal muscles (i.e. a six pack) does not necessarily mean you have a strong core!

What is the function of the Core?

The function of the core is to assist in the maintenance of good posture and balance during dynamic movement (running, kicking etc). This is otherwise known as core stability. Good core stability is important as it allows you to move more efficiently in a way that maximises strength and minimises injury risk.

What happens if I have a weak core?

Having a weak/dysfunctional core can lead to an increased risk of developing overuse injuries.

What can I do?

Once in senior ranks, managing injury is difficult, and the priority should be on preventing injury in earlier football years. Prevention relies on knowing which players are most at risk for injury. As a member of the Claremont Football Club, you are required to undergo a medical screening with the intention of identifying risk factors for injury. Screening is designed to identify intrinsic or individual factors that may predispose a player to both acute or overuse injury. Identifying musculoskeletal deficits or abnormalities and instituting appropriate intervention is in turn designed to reduce injury.

Please contact Lifecare Physiotherapy at either of the following locations to book;

Lifecare Cottesloe
525 Stirling Hwy, Cottesloe 6011
Phone: (08) 9384 3269

Lifecare Claremont
14 Ashton Ave, Claremont 6010
Phone: (08) 9284 4151

What are some good core exercises?

Bridge

Lying on your back with knees bent up and arms by side.

Lift bottom up toward ceiling.

Control back down to start position.

Hold for _____ secs

Repeat _____ times



Hold for 3 secs, repeat 3x12-15.

4pt Arm/Leg Lift (Superman)

On your hands and knees, lengthen your opposite arm and leg out, maintaining a neutral position with your pelvis



Repeat _____ times to each side

3 sets of 15-20 repetitions.

Arabesque

Stand on one leg, with hips square

Maintain a neutral spinal position as you control your leg back and bend forward at the hips toward horizontal.

Control back to starting position

Repeat _____ times on each leg.



3 sets of 12-15 repetitions.

Please note:

Please do not attempt these exercises if you have any current/existing injuries. These exercises do not replace an individually tailored rehabilitation program. If you have any pain/discomfort whilst doing these exercises stop and contact Lifecare on 92844151.

What are some good stretches?

Hip Flexor Stretch

Place one foot forward and kneel on your other knee.

Tuck your pelvis under and move forward until you feel a stretch in the front of your hip.

Hold for 20 seconds

Repeat _____ times each side.



Lumbar Rotation

Lying on your back with knees bent up and arms stretched out. Keeping your knees together, guide them from side to side.

Repeat _____ times on each side



Glut Swan Stretch

Rest on your hands and knees. Bring one leg across and in front as you slide the other back. Rest down onto your elbows.

Hold for _____ secs

Repeat _____ times



ITB Roller

Lie on your side with your bottom leg straight.

Bend your top leg up and use your foot and lower elbow to guide yourself along the roller.

Repeat _____ times



Hold stretches for 30 seconds, repeat 2-3x each leg.

RUNNING TECHNIQUE



Acceleration & Change of Direction

For footy specifically, the 2 things you're going to need are acceleration, and change of direction – top end speed is important, but much harder to teach and learn from a technical point of view – and the changes we get from teaching acceleration will also flow into this category anyway.

ACCELERATION:

Drills:

- get up, bouncing on your toes, just to get used to landing and taking off on the balls of your feet, making sure their heels don't touch the ground.
- The main mistake players will make is trying to stride out and heel strike, this is essentially acting to retard their motion.
- From here, pair up, one player will hold the other by the back of the shirt, while the guy being held tries to run away. This almost forces the body to adjust in posture such that it maximizes force output by taking short sharp steps, with the torso leaning forward – much the same as sprinters do at the start of the race.
- Complete this a few times over 5m, alternating each end.
- From here, bring it out to 20m, where the partner will hold on for 5m, then release with the non-holder to then run the remaining 15m uninhibited.

Over striding is a common issue – to try and counter this they also swing their torso from side to side to generate more speed but this also hinders them.

The key points to be mindful of are:

- foot strike – no heels touching the ground
- no lateral torso movement
- stride length – foot strike occurring close to directly below the centre of mass, not over striding
- Arm movement – elbows at 90 degrees, moving in straight lines up and down and NOT moving across the body

CHANGE OF DIRECTION:

Similar to Acceleration; with the focus on short, sharp steps and staying light on your toes, the only change comes with balance. Core strength development is extremely important for this skill.

Drills:

- Running around cones in a zig-zag movement (can incorporate footys as well – just basic give and receive handballs in-between cones).
- With a partner standing in front of you, get them to watch you while you give them hand signals for them to move fwd/back, left/right. Same real focus points stay on your toes and use your arms for balance.

ACCELERATION PROGRESSION



Session 1:

- *Introduce appropriate technique to players*
- *Emphasize extending the leg and driving with the knee*
- *Body awareness*

A-March → A-Skip

- Ensure toes are dorsi-flexed when knee is driven up
- When leg drives down landing on the toes and driving up with opposite leg
- Co-ordinate the arms, maintaining 90 degrees at the elbow → stress the importance that arm swing has in acceleration
- “Push” down with drive leg, don’t just drop it towards the ground.

The idea behind the A-skip is an attempt to mimic the drive phase of sprinting. Encouraging players to develop the mindset of ‘pushing’ or ‘driving’ the leg into the ground in order to effectively produce force as well as driving the opposite knee upwards. This is an integral part in the acceleration phase of the sprint (the first 2 or 3 steps) which is our focus for these particular players.

Wall Drives

- Standing at approx. 45 degrees to a wall/fence starting with one leg extended back and the other at 90 degrees to the stance leg.
- Player ‘drives’ down with bent leg, touches ground, and brings leg back to initial position
- Ensure players brace their upper torso against the wall/fence and drive with the lower limbs
- Once proper technique is achieved with a single leg, start to alternate legs i.e Drive Left, Right, Left. Drive Right, Left, Right.

The purpose behind this drill is similar to the A-March/Skip. It works better as a drill players learn prior to the A-March progression due to the fact that players are actively encouraged to keep their trunk stable and at roughly 45 degrees. This closely mimics the ideal position when accelerating in a game and can prevent players with poor pelvic control/core stability from dropping their hips when extending with the drive leg (this can occur in the A-Skip which substantially decreases the players’ ability to accelerate)

Standing Lunge Start

- Players begin in a semi-lunge position, with both knees slightly bent keeping the hips relatively low to the ground.
- Players are cued to bring their shoulders and torso forward rather than being upright and are encouraged to keep their torso forward during the acceleration phase
- Players are then instructed to ‘push’ or ‘drive’ for 3 or 4 steps from take-off whilst maintaining this low body position
- The drill only focuses on the first few steps after push-off

This drill progresses well from the previous two as it combines aspects of both into a more sports specific scenario. By staying low, and leaning their weight slightly forward players are able to develop forward momentum and aid the power of the legs. This is a position, especially from a recovery point-of-view, that is extremely important. Staying low with feet beneath the hips enables the player to develop force in almost any direction as well as facilitating lateral movement.

AGILITY/ RECOVERY PROGRAMS



Session 1:

1. *Improve body awareness when changing direction*
2. *Keep low to the ground*
3. *Improve reaction time*

Lateral Weave

- Players weave between three cones set out along a straight line with small lateral movements
- Cue players to stay close to the ground, do not jump or tap heels together when moving sideways
- Push off with feet beneath hips, avoid large lunging movements

The idea behind this drill is to get players into the habit of moving laterally whilst maintaining a position which will allow them to quickly, if required, produce force and accelerate in any given direction. By keep the hips low and encouraging fast, small movements the players are able to prevent any large commitment to a particular direction. This becomes particularly helpful when corralling opposition players.

Mirror Weave

- Players pair up and face one another, one playing nominating as the leader and the other has to mirror him
- Same cues as above; hips low, small movements etc.
- Can progress drill to give a verbal 'GO' cue, in which the lead player turns and sprints for 10m with the opposing player required to chase.
- Add in footballs.

U-Cone Drill

- Set out two cones about 10 metres apart
- Players start in the semi-lunge position touching one cone, they then accelerate running backwards, laterally step around the other cone and then accelerate running forwards back to the initial cone making the shape of a U.
- This drill requires the player to intelligently decelerate and then accelerate in order to change their direction

Being able to decelerate and then accelerate efficiently and quickly is specific to agility in sports, especially when changing direction. It is often very difficult to effectively change direction when operating a top speed and doing so commits the player to an undesirable direction.

POST GAME RECOVERY



Why is this important?

- Enables the athlete to restore the body and mind to pre-match levels in the shortest possible time

What are the 4 facets of recovery?

- **Rehydration**- can lose up to 600-1400ml during a match, important to address this through water and electrolyte drinks.
- **Nutrition**- loss of nutrients and energy throughout match and this needs to be replaced. One hour window post match where carbohydrates work to replenish lost glycogen (energy) stores in body. High GI foods initially (gatorade), low GI later on (Fruit, Meat and Salad sandwich).
- **Psychological**- important to spend quality "switch off time" away from competition, can freshen up mentally and improve performance.
- **Physical**- to address the muscle damage that occurs throughout the match.

What are the best physical recovery strategies?

- **Ice/Ice baths**- used to reduce tissue damage, slow metabolism and control inflammation following muscle damage. 20 minutes duration for ice baths, if icing specific area- 20 mins duration.
- **Hot/Cold Contrast**- stimulate blood flow, reduce inflammation and remove waste products.
- **Active recovery/massage**- facilitate the removal of waste products from muscle, important not to massage over acute injury site.

If you have received an injury... RICE! NO HARM!

- **Rest**- relative rest to allow tissue healing
- **Ice**- this reduces blood flow, muscle damage and pain
- **Compression**- compression bandage can also reduce blood flow and limit tissue bleeding
- **Elevation**- this decreases blood flow and reduces pressure around the injury site

What not to do if you have received an injury...

- **Heat (avoid first 24-48 hours)**- can lead to an increase in blood flow to the injured tissue, increased blood flow (swelling) = increased tissue damage and pain.
- **Alcohol**- alcohol increases bleeding in tissue, impedes recovery and leads to a general decrease in muscle performance even if you are not injured.
- **Running**- can result in further tissue damage
- **Massage**- over the injured area can increase tissue bleeding in the first 48 hours.



Sample Recovery Routine

This routine has been structured so that the body can be rehydrated, energy stores can be replenished and muscle can be repaired at an improved rate.

1. Start drinking cool carbohydrate/sports drinks immediately on entering the change rooms. This should continue throughout the recovery session.
2. Have carbohydrate-protein snacks readily available for consumption (for example, meal supplement drinks, sports bars, salad and meat sandwiches).
3. Five-minute walk/jog/stretch routine as soon as practical after the players return to the change rooms.
4. Fifteen-minute recovery circuit, alternating between contrast and active groups:
 - a) contrast: hot shower (37–43 C)/ice bath (12–15 C). Hot–cold contrasts should be completed at a ratio of 3:1 (hot:cold)
 - b) active: bike/walk/stretch at low intensity
 - c) groups to rotate after approximately six minutes
 - d) all players finish with a two-minute ice bath (12–15 C).
5. Have athletes bring food packs for post-match and have them consume this before leaving after a match.
6. Ensure that the post-game meal consists of carbohydrates that have a high glycaemic index.
7. A post-game meal (that is, two to three hours post-game) should consist of high glycaemic index carbohydrates. Some good examples of these dishes are rice dishes, pasta and/or white bread with protein (for example, meat, chicken, etc.).
8. Some athletes have difficulty eating soon after matches, therefore a meal replacement drink (for example, Sustagen or Protein Plus) can be useful.

LEADERSHIP



A good leader needs to demonstrate that he lives by the same principles and rules that he expects of followers. Leadership by example can be powerful and inspiring. **Be the example.**

Simply pushing someone towards the role of leader does not mean that they will be a good or effective leader. The title itself means little unless they have earned it and the respect of those around them and have the self confidence to step into it.

Matthew Pavlich on being given the Captaincy "It's only a title and you've been given the job because of how you go about it in the first place."

Everyone's Responsibility - Leadership is not about one person and all players are accountable and can be leaders in shaping the culture of a group. You all decide "What behaviors do we accept/tolerate?"

HOW

- Establish where we are now - All players given equal opportunity to provide honest feedback
- Establish where we want to be - What are our "Trademark's" (e.g. professional, united, etc.)

What do we need to STOP doing? What do we need to KEEP doing? What do we need to START doing?

Feedback Process

- Must be honest but be **confined to actions and behaviors, not character**
- Address appropriate method to receive feedback before hand – resilience – don't get bitter, get better.

You should now have "Trademark" and agreed acceptable behaviours as a reference.

Every Action has a consequence. Take Responsibility, Live the Trademarks and Challenge when standards are not met.

Revisit regularly as a group to assess progress.

LEADERSHIP CHECKLIST

1. Assess yourself honestly and then ask others you **truly believe** will be honest with you and whose **opinions you respect** (Parents and friends can often tell you what you want to hear)
2. Ask yourself how can I be better, what skills and knowledge do I need.
3. Where do I currently sit within the organization and what can I do from a leadership perspective from my current position.
4. What's my future within the organization?
5. What will stop me achieving and can I control those factors or not.
6. Who can help me get better? Be confident & seek improvement from those you respect

SOCIAL MEDIA



Perception – You are what you Post...

The club accepts that social media, including Facebook and Twitter, are likely to be a normal part of players' lives. As a club we don't want to discourage your engagement in such media, you just need to be aware of what people will assume of your character from what is associated with your online profile.

Your online REPUTATION is made from;

- Things you post +
- Photos you upload +
- Videos you upload +
- Things others post about you (and tag you) +
- Photos & videos others tag you in.

So what can I do to protect my reputation on Facebook/twitter?

- *Customise* the 'Privacy settings' on your personal profile
- Be careful who you *accept* as a 'Friend'/follower
- Be aware of the pages that you '*Like*'
- Be careful of the '*Groups*' that you are added to (and leave the group immediately if it is not something that you want to be associated with)
- Approve each time someone 'Checks you in'
- Check each 'Tag' before you approve it

GENERAL ADVICE

- Use common sense and good judgment - your statements could have an impact on you and the Club's reputation. Remember that what you post or publish will become public information.
- If you would not say something to a member of the public/media, do not publish it on any form of social media.
- It is acceptable for players to discuss the results of games and general football issues, but they should not become involved in criticism of the club, its staff, players or opposition players. Similarly, they should not become involved where another club is dealing with a particular issue.
- Email, where it pertains to club matters, should be used with discretion.
- **You are accountable for your actions and what is communicated through your accounts via social media.**

SPORTS NUTRITION



Breakfast Ideas:

Try to include carbohydrate and protein at breakfast, as well as a dairy and fruit serve. Combine foods such as:

- Cereal, wholegrain breads, crumpets, muffins
- Milk, yoghurt, cheese
- Eggs, Baked beans, tinned spaghetti
- Fruit or fruit juice



Examples of a great start to the day.....

- ✓ Cereal with reduced fat milk and topped with fruit
- ✓ 2 pieces of toast, milk drink and a banana/fruit
- ✓ English muffin with slice of cheese or peanut butter and a piece of fruit
- ✓ Fruit toast with ricotta and glass of juice
- ✓ Poached or scrambled egg/s on toast with a glass of juice
- ✓ Baked beans or tinned spaghetti on toast and milk drink
- ✓ Pancakes with syrup/honey and fruit with a glass of reduced fat milk
- ✓ Smoothie with the lot – fruit, milk, yoghurt

What if I have training early in the morning?

For a cardiovascular/aerobic session:

(This is a session which involves running, swimming or continuous physical activity)

- Have source of carbohydrate before your session
- After training, have a breakfast suggestions above, which include carbohydrate and protein
- Examples include – fruit, juice, muesli bars, protein bar

For a weight training or strength session

(A session to help muscular development as well as strength and power)

- Have a source of carbohydrate and protein. A compact source of carbohydrate AND protein are milk drinks – ‘Up and Go’, Sustagen, yoghurt or a low fat smoothie.

Lunch Ideas

- ✓ Sandwich, roll, wrap, pita bread with fillings such as lean ham, roast meat, chicken, turkey, silverside, tuna or salmon, egg, cheese with salad
- ✓ Sushi
- ✓ Pasta, rice or noodle dishes with a protein source and vegies
- ✓ Healthy pizzas (lean meat, small sprinkle of cheese, vegies)
- ✓ Healthy burger or kebab (with lean meat patty/steak or chicken) & salad



- + Add some a milk drink or yoghurt and piece of fruit
- + Glass of water or juice

Dinner Ideas

Dinner should consist of protein, carbohydrate and a selection of different coloured veggies.

- ✓ Barbecued, lightly pan-fried or grilled lean meat, skinless chicken or fish with vegetables or salad. Make sure you add some potato, sweet potato and/or corn or even a roll as your source of carbohydrate
- ✓ Pasta with a tomato base or a low fat sauce with lean meat, chicken and vegetables
- ✓ Burritos or tacos – use mince or meat and wrap up with plenty of veggies. The home kits are a great way for a quick and easy meal.
- ✓ Stir-fry – with lean meat and vegetables. Add some rice or noodles as your source of carbohydrate.
- ✓ Lasagne and a side salad. Made with low fat cheese and lean meat. Instead of cheese sauce, try using a tin of tomato soup over the top of layers to moisten the lasagne and a sprinkle of cheese on top for taste.
- ✓ Healthy pizza – use plenty of vegetables as the topping as well as protein (ham, chicken, lean mince) and a sprinkle of cheese. Avoid fatty meats such as salami.
- ✓ Tuna pasta bake – try tomato sauce, throw in some veggies and tinned tuna for a no-fuss meal.
- ✓ Curries or casseroles – lamb curry, apricot chicken. Avoid coconut creams. For a recipe with coconut cream, try using light evaporated milk and coconut essence.
- ✓ Steak burger – steak with plenty of salad on a bun and pop some salad on the side. You may like to opt for chicken or a lean mince burger instead.
- ✓ Beef stroganoff – beef, plenty of mushrooms, onion and use an extra light sour cream. Try a side dish of salad (or if you are watching your weight, fill your plate with half salad, half stroganoff)
- ✓ Minestrone soup – with beans, veggies and pasta. Those with extra energy needs, add a crusty bread roll

I AM ALWAYS IN A RUSH – WHAT ARE SOME QUICK AND EASY SNACKS/MEALS?

Examples of foods to be used to and from training

- ✓ Milk and juice drinks e.g. freeze poppers
- ✓ Bars - muesli, cereal, fruit and sports
- ✓ Sandwiches, wraps, subs and rolls
- ✓ Fruit – fresh, in a tub or dried
- ✓ Trail mix – dried fruit and nuts
- ✓ Crisp-breads or crackers with cheese or peanut butter
- ✓ Dairy snacks in a tub e.g. yoghurt, Le Rice
- ✓ Baked snacks - muffins, buns, scrolls, banana bread, pikelets
- ✓ Cold or hot pasta/noodles
- ✓ Cereal in a plastic bowl



Strategies to increase your energy intake:

1. Eat regularly! Aim to eat 5-6 (or more) meals/day.
2. Consume protein and carbohydrate at every meal.
3. Keep plenty of snacks in your lunch box such as muesli bars, dried fruit and nuts, fruit, flavoured milk, juice, crackers and cheese, yoghurt.
4. Always plan ahead. Carry recovery food with you to training as well as during long competition days and training camps.
5. Try to snack on the weekends. Make sure you keep up regular meals.
6. If you struggle eating around and during training, trial different nutritional supplements such as powerbars, gels, liquid meal supplements such as sustagen or up and go.
7. Drink juice, cordial, milo or soft drink with lunch or dinner meals to increase your carbohydrate content.
8. Make yourself energy dense drinks such as smoothies with milk, fruit, ice cream and/or yoghurt. Try milo or sustagen with your snacks.

9. Add skim milk powder to your milk drinks. This is a cheap source of adding energy and nutrients.
10. Have a recovery snack as soon as you can after training. Have this as well as your normal snack or meal (eg. Breakfast).
11. Have dessert!

Suggestions for snack 1-2 hours from game start:

- Sports drink
- Muesli/cereal bar with banana
- Vegemite sandwich
- Rice crackers
- Honey Sandwich
- Pikelets with jam



Fluid Guidelines

- Begin each exercise session in fluid balance. This requires drinking regularly throughout the day leading up to training or competition. Have a drink with all meals and snacks.
- Immediately, before exercise commences, consume 300-600 ml of fluid. This will prime your stomach to help with absorption during exercise.
- Aim to match previous fluid losses as closely as possible (within 1% of body mass). Take advantage of all opportunities to drink.
- Weight self before and after training and game day to work out how much fluid you usually lose and use this as a guide.
- Begin drinking early in the exercise session and continue to drink small amounts regularly. This will help with absorption and prevent gut problems. Sports drinks or water are the best options.
- Aim for 200ml -300ml every quarter AT LEAST.
- Replace fluid deficit after exercise. You will need to drink 150% of any fluid deficit in the 4 hours after exercise to account for ongoing sweat and urinary losses. Basic formula is drink 1.5 litres for every litre lost exercising.

Eg: Pre training you weigh 75kg, Post training you weigh 73kg.
 Loss = 2kg
 Formula is $2 \times 1.5 =$ Aim to drink 3 litres to balance fluid deficit.

When fluid losses are high and/or rapid rehydration is required, sodium replacement may be required. Sports drinks, oral rehydration solutions and salty foods can all contribute to sodium replacement.



RECOVERY NUTRITION FOR GAME DAY AND TRAINING

The nutritional recovery process starts as soon as training or the game finishes. It is important after game day that recovery continues into the next day so that you allow your body to refuel and repair itself adequately.

Recovery is important to:

- Refuel the muscle and liver glycogen (carbohydrate) stores
- Replace fluids and electrolytes lost
- Make new muscle protein, red blood cells and other cellular components for repair and adaptations
- Allow the immune system to cope with challenges and damage caused by exercise

RECOVERY SNACKS AFTER TRAINING/GAME WITH GOOD SOURCES OF PROTEIN AND CARBOHYDRATE:

- ✓ Breakfast cereal and milk
- ✓ Fruit smoothie
- ✓ Sandwich with ham/chicken and cheese
- ✓ Flavoured yoghurt with fruit salad
- ✓ Up and Go and muesli bar
- ✓ Stir-fry with steamed rice
- ✓ Pasta dish with meat/chicken



Extra hints for recovery snacks and meals:

LACK OF APPETITE: If your appetite is reduced (particularly after a game), choose compact sources of carbohydrate and protein. Good examples of easy carbohydrate sources are soft drink, sports drink, cordial, juice. Protein sources are protein bars, drinks, milk drinks, smoothies etc.

HIGH GI FOODS: Research has shown that high GI foods may be better for faster glycogen replenishment. This includes watermelon, soft drink, white bread, jasmine rice, lollies.

EAT REGULARLY: Small, frequent meals after a game can help you meet your energy requirements. If you struggle to eat the next day and have high energy requirements, keep snacking on muesli bars, fruit, tuna/baked beans, toast, sandwiches etc.

ALWAYS PLAN AHEAD: to make sure you have appropriate recovery snacks or meals available for consumption after training!

DRINK FLUID WITH EVERY MEAL: You need to not only need to replace energy BUT also fluids. Keep drinking, particularly in hot, humid conditions

COMBINE YOUR FLUID AND RECOVERY NEEDS: try milk drinks such as 'Up and Go', smoothies or sustagen sport – high in carbohydrate BUT also give you some protein.

ACADEMY TERMINOLOGY – EXPLAINED



A lot of the feedback from the coaches during games, carnivals and in your exit interviews would have contained the following terminology. It can be difficult to determine exactly what is meant by each term so I have attempted to define each of these common football expressions in greater detail below.

Footy Smarts

Can be defined as an understanding and awareness of the developing game and can include the following;

- Reading the play: Offensively; knowing **where** and **when** to move when your team is in possession or about to take possession. Defensively; covering the player in the most dangerous position or moving to where the ball is most likely to go that will most hurt your team.
- Finding space: Identifying and moving to a part of the ground to command the football in an offensive position.
- Decision making under pressure; finding the best option under time and physical constraint.
- Running patterns in ensuring you're not cutting off your teammates space/lead, zonal marking at stoppages, drawing opponents to create space behind you

Goal sense

Goal sense can be defined as having an excellent understanding of your positioning within the forward 50 and knowing when, and what your capabilities are in shooting for goal.

Vision

A player with vision has an elite understanding of how the game is unfolding in real time, accompanied by exceptional decision making under pressure.

Skills

Hitting targets by hand or foot

Evasive Skills

Navigating the traffic around a contested football and being able to avoid the tackler.

STRENGTH & CONDITIONING



Pre & Post Game Recovery

Pre-Game Preparation:

Getting you prepared for the game/training session ahead.

Do's:

- Dynamic Stretching
- Foam Roller Work
- Balance Exercises
- Static stretching (complete this at least more than 1 hour out from a game/training)
- Ball Skills/Hand-eye work

Don't:

- Static stretch less 30 minutes out from a game
- Hide injuries/niggles
- Become stationary

Dynamic Stretches	Balance Exercises
Leg Swings Backwards, Forwards, and Side-to-Side	Single Legged Handballing
Standing Leg Cycling	Single Leg Hops
High Knees with Heels up	Single Leg Kicking
'Opening & Closing the Gate'	Lateral Bounding
Lunge & Rotate	
Caterpillar Walks	
Straight Leg Drives	
Grape Vine	
Single Leg (Romanian) Deadlifts	
Squat & Shuffle	

Post Game (Immediately)

- Static stretching
- Cold Water Immersion (Ice Baths) 8 - 12 degrees for 3-5 minutes, then out for 3-5 minutes. Repeat.

Post Game (24-48 hours)

- Pool/Beach the morning after a game. Immerse yourself up to chest height. Spend 10 minutes total submerged. Wade through the water, get some movement.
- Active recovery. Very light (50% intensity) running/walking.
- **SLEEP**
- **Nutrition**
- Avoid alcohol