

15

SKILLS GUIDE



Chapter 15

Skills Guide

INTRODUCTION TO SKILLS GUIDE

Fundamental to coaching adolescents in any sport is the need to know about the skills of the game. The following guide provides coaches with the key points for each of the skills of Australian Football. Although it is recognised that the ability of the coach to teach the fundamental skills (techniques) of Australian Football is paramount, equally important at the youth age group is the ability to analyse, correct and remediate common skill errors players have developed over their playing experiences. Only then will the coach of this age group truly improve the playing ability and enjoyment of the players and develop them into confident and competent senior players.

When referring to the various skills, coaches should:

- Identify the skill or combination of skills to be taught.
- Note the sequence of teaching points.
- Select only two or three points to start with (refer to Chapter 5, Teaching and Improving Skills)

Use the **SPIR** method to teach the skill. An essential starting point for this is to provide players with a good visual demonstration of the skill being taught. This may require selecting a player to perform the demonstration.

Also, when teaching the skills, be aware of how to increase intensity or difficulty. Start with static activity (player handballs to partner – both stationary). The skill is made more difficult by increasing the pace and reducing the time and space in which the skill is to be performed (it becomes more game based).

When teaching skills, remember to:

- Start with slow movement (players step towards each other).
- Then move slowly in a confined area (walking and handballing to each other).
- Increase to a jog (remain in pairs).
- Introduce lines of players – lane work (two at each end).
- Increase the pace.
- Have a relay: relays in lines.

Then introduce opposition:

- Have players play keepings off, but not three versus three (this is maximum opposition).
- Start with five keeping the ball off one.
- Then four versus two.
- Only when they are capable, move to three versus three.

Coaches should also be conscious of varying skill levels in the group. In some instances, it might be best to keep the 'better-skilled' players together and provide them with activities and teaching points to extend them. However, at other times, it might be best to pair a better player with a less-skilled player and work at the skill level of the latter. Such peer coaching is a valid activity for any age group and an effective means of improving skill levels.

Instructional videos (cassette and DVD) are available to assist coaches with skill teaching:

- Great Skills, Great Players
- Contact Skills (Parts 1 and 2)



KICKING

Kicking is the most important skill in Australian Football. The basic skill of kicking should be taught at a young age and any faults rectified. It is important players learn the right technique while they are young.

Later in their career they will demonstrate the ability to (a) kick under pressure, (b) pass the ball accurately to a teammate and (c) use the ball to the best advantage of their side when kicking from a set position. Try to study the kicking style of some of the AFL's best kicks, such as Brendan Fevola (shooting for goal), Brent Maloney (length), Jason Akermanis (each foot), Lindsay Gilbee (accuracy, pictured left) and Daniel Rich (technique).

Main teaching points

1. 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.
2. Guide the ball down with one hand.
3. Point your toes at your target – see the ball hit the foot.
4. Follow through straight towards the target.



DROP PUNT

1. The grip

The fingers are spread evenly along each side of the ball, with thumbs extending to the lacing. The grip is the same for both left and right foot kicks.

2. The release

The ball is guided down and is kicked on the bottom point, along the lower laces of the boot. It should spin in a backwards end-over-end fashion.



TORPEDO PUNT

• The grip

The ball is held on an angle across the body. For a right foot kick, the left hand is slightly forward and the right hand slightly behind the lacing. For a left foot kick, the hand positions are reversed.

• The release

The ball is guided down with one hand at a slight angle to the ground, and is also angled across the kicking leg. When the foot makes contact with the ball, the ball should spin in a spiral motion.

- Rotation causes the ball to 'cut' through the air, like a torpedo.



BANANA KICK

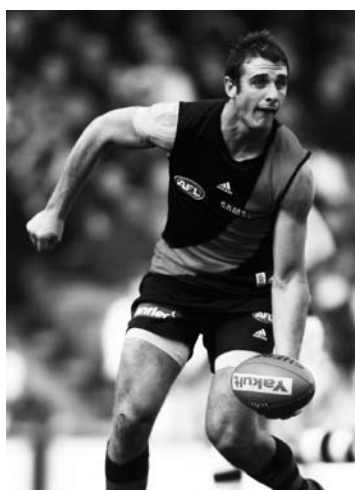
- **The grip**

The ball is held like a reverse torpedo punt, with the right hand forward for a right-foot kick and the opposite for the left-foot kick.

- **The release**

The ball is guided down so that it drops at an angle across the boot. The boot makes contact under the right side of the ball, producing a curved spin on the ball.

- The banana kick is generally used when shooting for goal from close to the boundary line and near the behind post.



HANDBALL

In today's modern game, handball is a major attacking weapon as players run the ball from defence into attack. It is a skill that needs to be practised regularly and by watching great handball exponents such as Jobe Watson (pictured left) and Cameron Ling you can improve your game.

Main teaching points

1. The ball must be gripped lightly with the platform hand and hit with a clenched fist.
2. The punching fist is formed by placing the thumb outside, not inside the fingers.
3. The stance is nearly side on to allow the punching arm to swing through freely.

Knees slightly bent to maintain balance.

- For a right-handed handball, the left foot is forward and vice versa for a left-handed handball.
- Punching arm also slightly bent.
- After contact is made with the ball, the fist remains on the platform hand – 'catch the fist'.



MARKING

One of the most spectacular features of Australian Football is marking, particularly the high mark. However, it is just as important to be able to pull in a safe chest mark on a consistent basis without fumbling the ball. As with all skills, marking needs to be practised. No matter what your size, there will always be a situation in a game where you are in a position to mark the ball.

Main teaching points

1. Eyes must be focused on the ball all the way from the player's boot to your hands.
2. Position your body in line with the flight of the ball.
3. Move forward to meet the ball; never wait for it to come to you.
4. Skilful players should take the ball in both hands with fingers spread and thumbs close together. Beginners should use the chest mark.



ARM OR CHEST MARK

Main teaching points

1. Keep your eyes on the ball and line up your body with the flight of the ball.
2. The fingers and hands are extended – palms up. Tuck the elbows in to the side.
3. The ball is taken on the hands and arms and guided to the chest.
4. The ball is hugged tightly to the chest. This is an important marking style if the ball is wet or muddy.



HAND MARK

Skilled players practise taking the ball in the hands at all times, in preference to letting it hit the chest. This will help quick disposal and prevent opponents from punching the ball from behind.

Main teaching points

1. Eyes on the flight of the ball.
2. The fingers outstretched, pointing towards the ball. The thumbs are positioned behind the ball.
3. The arms extended – ‘long arms’.
4. The ball is firmly gripped in the fingers.
5. Ensure your body is behind the flight of the ball.



OVERHEAD MARK

This is the mark that fans love to see. It takes great skill and athleticism to launch yourself in the air, but a player who takes a consistent high mark can inspire teammates and bring other players into the game.

Main teaching points

1. Line body up with the flight of the ball. Keep 'eyes on the ball'.
2. Jump off one foot and swing the other knee up to gain maximum height and protect yourself.
3. Eyes are kept on the ball; fingers are outstretched and thumbs almost together.
4. The ball is met slightly in front of the head with arms extended – 'long arms'. It is firmly gripped in the fingers.

The grip

- Ensure the fingers are outstretched and the thumbs are almost together.
- Keep your eyes on the ball with the arms outstretched.

General coaching hints

The ball should be pulled down quickly on to the chest when marking in front of an opponent. When the ball is wet, the hands are brought closer together; the fingers tap the ball down where it is gathered on the chest.

Beginners

- Have the beginner throw the ball in the air for himself.
- Progress to the ball being thrown overhead from a short distance.
- Practise overhead marking in a stationary position, gradually progressing to a run-up.

Advanced

- Meet the ball with a running approach and jump to mark the ball.
- Practise against an opponent to develop the skills required to use the body to get front position.



RUCKWORK

The role of the ruckman is a crucial one in Australian Football. A good ruckman sets up play from a variety of contests such as the centre bounce or boundary throw-in. To create opportunities for his smaller, running players, it is important that a ruckman has the skill to direct the ball to his teammates' best advantage. It is worth watching top-class ruckmen such as Dean Cox, Aaron Sandilands (pictured left) and Michael Gardiner to see how they use their various skills. The techniques involved in ruckwork are needed to move the ball towards goal or to get the ball to teammates from a ball-up or boundary throw-in.

Main teaching points

1. At first, practise in a standing position extending to a run-in and jump.
2. Practise without opposition and then extend the practice to include an opponent.
3. Hit with the palm and then use the fist.
4. Attempt two-handed hitting and then progress to one-handed palming.
5. Follow the ball to where you hit it, so you can then help your teammates.



PALMING: FRONT

Palming to the front – one hand

Watch the ball through the air and leap off one foot using the arms and other leg to gain lift. The arm is swung forward. The ball is hit with the open palm and fingers are directed with a straight follow-through.

Palming to the front – two hands

The hands are positioned behind the ball and the ball is hit simultaneously with both open hands.

The ball is directed with a follow-through towards the target.

Palming to the forehand

The player leaps and makes contact with the ball with the open palm.

In the hitting action, the arm should be straight with a follow-through in the desired direction across the body.



PALMING: BACK

Palming to the backhand

The player leaps (off one leg or two) and the arm is bent immediately before impact. The arm is straightened at the elbow and the ball directed to the backhand side with the open hand.

Palming over the back

The player leaps and with a straight arm reaches forward and overhead. The ball is hit with an open hand over the shoulder towards the target.

Centre Bounce

- Jump off one leg.
- Turn body sideways to protect yourself.
- Hit with outstretched arm at highest point of jump.



PICKING UP: MOVING BALL

Many different situations occur during a game when the ball must be picked up off the ground. Young players need to become competent at meeting and handling a moving ball.

- The body is in line behind the path of the ball in a semi-crouched position. The arms and hands are extended with the fingers almost touching the ground, palms towards the ball.
- The ball is picked up cleanly in two hands. The elbows are kept close together.
- The ball is then brought into the hands for disposal. Keep eyes on the ball at all times.



PICKING UP: STATIONARY BALL

One-handed pick up

- The ball is approached to one side.
- The player runs slightly past the ball then swings one arm down with one hand scooping under the ball.
- The free arm can be used to steady the ball, once it is picked up.

Two-handed pick-up

- The ball is approached from the side. As a player draws level with the ball, bend down and pick up the ball cleanly with two hands.



BALL HANDLING

When learning skills, it is important to handle the ball as much as possible. A football is an odd shape and the more familiar you become with the ball, the easier it will be to master the skills. You won't always have someone to practise with, so these drills can be done before or after training or in your spare time.

Main teaching points

- Lie on your back and using both hands, tap or throw the ball from hand to hand. Vary the height and speed of the throws as you become more competent. This is great for hand-eye coordination and learning how to mark effectively.
- Pass the ball in a figure eight movement in and out of the legs. This will develop your grip strength, making it easier to mark, handball and guide the ball on to your foot when kicking.



RUNNING

Running has become a major skill in modern-day football with the emphasis now on running with the ball to maintain possession. Similarly, defensive and offensive players are required to run and chase. There is great value in teaching players how to run correctly in order to improve their running speed. Running speed and acceleration are the products of stride length and frequency. The distance covered with each stride taken and how quickly the legs move are key factors in sprinting.

Good running technique involves:

- Moving arms and legs in a straight line and not across the body.
- Slight forward body lean.
- Keeping head and trunk steady, eyes looking ahead.
- High knee lifts.



BOUNCING THE BALL

Players are required to bounce the ball every 15 metres when running.

Main teaching points

1. The ball is held slightly on top by the bouncing ball.
2. The ball is pushed down with one hand.
3. The ball strikes the ground at an angle of about 45 degrees.
4. The ball is bounced far enough in front so that it will bounce into the player's hand as he runs forward.

The distance at which the ball is thrown out in front is directly related to the player's speed – the faster he is running, the further out in front it must be thrown.

Wet weather bounce

On wet days, touched the ball on the ground using both hands otherwise the ball will skid away or fail to bounce back.



SIDESTEP

Main teaching points

1. Watch your opponent closely.
2. Hold the ball out to the side as the opponent approaches.
3. Push hard off the foot planted on the same side as the ball.
4. Pull the ball back quickly as you move around the opponent.
5. Ensure that you change direction and don't run in a straight line.

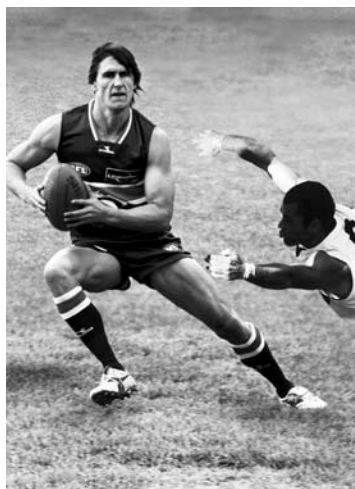


BLIND TURN

The blind turn is used to evade an opponent when the player is being chased from behind and you are heading away from the direction of your goal.

To turn on the right side:

As the opponent gets closer, hold the ball out to the left hand side. Dig the left foot into the ground and push hard to step to the right-hand side as in the side step. Pull the ball back 'inside' towards your team's goal and accelerate quickly away.



THE DUMMY

Some players have an amazing ability to change direction without greatly reducing their speed.

The dummy is a movement used to evade an opponent approaching head on.

Main teaching points

1. As the opponent approaches, shape to handball or kick in a forward direction.
The player must look in that direction so as to give his opponent the impression of handballing or kicking in that direction.
2. As the opponent moves to smother the football, the player draws in the ball and moves around him by pushing off hard as in the side step.
3. The player is then in the clear and can accelerate away past the opponent. Again, changing direction is important.

Use this tactic when you are stationary and an opponent is running towards you quickly.



SPOILING

Spoiling is an effective method of preventing an opponent from marking or gaining possession of the ball. When spoiling, especially from behind, the spoiling player must not infringe by making contact with his opponent's back, head or shoulders. If performed correctly, spoiling can be an attacking skill, whereby the ball can be placed to the advantage of teammates.

Chest mark

- Approach the opponent from one side. Keep your eyes on the ball.
- Punch the ball with a clenched fist before it reaches the opponent's arm.

Overhead mark

- The spoil should be used when a player is not confident of marking.
- The fist should be clenched and arms outstretched ('long arms') at point of contact with the ball.
- As with marking, the spoiling player's run must be timed to gain maximum height with the arm following straight through the flight of the ball.
- Be careful not to put the other hand on the back of the opponent's neck as this is an infringement.

CONTACT SKILLS

Introduction

In a wide variety of sports, contact or impact with a surface or person is commonplace. In Australian Football, a player's ability to develop impact skills that enable them to perform more productively in a game situation is paramount to their enjoyment of the game. More importantly, developing impact skills will reduce fear and injury and assist with a player's ability to increase their worth to the team. It should be stressed that many of these activities need careful supervision and that every effort must be made to suit the activities with the age groups identified.

STAGE 1

The Starting Out stage has been designed to introduce young children up to the age of eight to basic fundamentals in:

- Landing on their feet.
- Keeping balance.
- Falling.
- Rolling.
- Recovery.
- Bracing.

We have drawn from jujitsu, gymnastics and fundamental motor skill activities to demonstrate these skills.



LANDING

The easiest landing technique to learn is the 'Motor Bike Landing'.

The coaching tips you will observe are:

1. Ball-heel transfer.
2. Ankles, knees-hips bend.
3. Feet shoulder-width apart.
4. Arms act as if riding a motorbike.
5. Knees over big toe.

After the learner has mastered the two-foot landing, challenge them with the one-foot landing. The same principles apply, but remember to outstretch arms to the side to assist with balance and tilt your torso slightly forward.



KEEPING YOUR FEET

Keeping your feet is an extension of landing, but depending at which angle the player has landed will impact on how they will be able to keep their feet.

Here are some tips:

1. Tighten muscles of the quadriceps (front thigh), gluteal (bottom) and abdominal area.
2. Lock heels into the ground.
3. Use the upper body to brace while outstretching the arms with tension.



FALLING FORWARD

Many players who fall incorrectly risk elbow, wrist or shoulder injuries because they have not been taught how to fall without injury. Impact with the ground is commonplace in Australian Football and therefore it is vital that it's taught correctly to reduce the fear of such an event and the prevention of injury.

Try these coaching tips:

1. Reach forward.
2. Bend at wrist, elbow and shoulders.
3. Remain tight through middle of body.
4. Turn head to the side prior to contact.



ROLLING

Rolling is a form of falling used to great effect by expert players when pushed forward from a mark or contest over the ball. Rolling correctly can actually help you recover from the ground more quickly and continue to be part of the play which can be a real asset!

Here are some basic tips on how to roll when falling to the ground:

1. Rounded back throughout movement.
2. Head tucked into neck.
3. One foot in front of the other to stand.

STAGE 2

The Preparing to Play stage has been designed to introduce players between seven and 12 to more game related contact skills such as:

- Bracing.
- Bumping.
- Shepherding.
- One-on-one tussle.
- Introduction to tackling – front and side.
- Extension of rolling.

Information has been drawn from sports such as jujitsu, rugby union, rugby league and Australian Football to demonstrate these skills.



BRACING

Bracing, or maintaining one's ground, is specifically vital to Australian Football. There are many occasions in game situations where assuming a 'bracing position' assists in winning the ball, e.g. ruck contests and marking contests. Reducing the impact of a bump or a tackle and therefore minimising injury is another advantage of this position. The brace position can be assumed in many game situations and will enable players to absorb impact from various directions and maintain their ground to win or protect the ball from the opposition.

As this skill is extremely important on many fronts, here are some tips for you to consider:

1. Feet apart, knees bent, similar to the motorcycle position.
2. Body weight more on balls of feet.
3. Tense your body muscle to form a strong rigid surface.
4. Arms apart and slightly bent at elbows.
5. Attempt to be side on to the impact.



BUMPING

Bumping is the classic impact skill. A player can legally bump an opponent when the ball is within five metres.

Whether a player is bumping or being bumped, assuming the brace position is vital for this skill. Here are the tips for this effective skill:

1. Assume bracing position.
2. Tuck the arm bumping or being bumped to your side.
3. Do not jump off the ground.
4. Bump from the side.
5. Tuck your chin into your leading shoulder.
6. Only bump when an opponent does not have the ball. If he does have the ball, apply a tackle.



SHEPHERDING

Because football is a team game, there will be times when players will need to assist their teammates who have the ball. Shepherding is a fantastic team skill that is achieved by using the arms and body to form a barrier to protect a teammate. Many coaches regard shepherding and the other team skills such as tackling and bumping as more important than goals kicked or possessions gained.

Employ these tips as a starting point to good shepherding.

1. Assume brace position.
2. Be between your teammate and the opponent being shepherded – not too close.
3. The fingers are outstretched with the arms spread below shoulder level. An opponent can be legally shepherded by placing the body between the player and the ball, as long as the ball is not more than five metres away. Bend knees and be strong but do not hold or grab your opponent.
4. Talk to your teammates to tell them they have time.



ONE-ON-ONE TUSSLE

One on one tussles occur in many sports and are generally regarded as a player's ability to assume the 'front position' when contesting the ball with an opponent. This can occur when players contest a mark on the lead, contest for a ball which is rolling along the ground or simply disrupting an opponent's line to the ball.

The one-on-one tussle skill draws from many of the skills taught previously, including bracing and keeping balance.

Of course, if a player improves their acceleration, strength and anticipation, these will also help in gaining an advantage over their opponent. To assist players in gaining strength, activities related to improving trunk stability and body balance will enhance a player's ability to brace, tussle, tackle etc.



SHOULDER ROLL/BACKWARD SHOULDER ROLL

The shoulder and backward rolls have their place in contact sports like Australian Football but also in other non-contact activities. Primarily, shoulder rolls and backwards rolls should be seen as a method to reduce the impact of a fall, but also, as described previously, assist the player to recover to their feet.

When teaching to shoulder roll, note the following:

1. Deep lunge forward with dominant leg.
2. Reach out with corresponding arm and pull arm through under body.
3. Round back as much as possible and keep chin into chest.
4. Lower body to ground and roll diagonally over back.
5. Stand up with one foot in front of the other with momentum moving forward.

When teaching the backward shoulder roll, note the following:

1. Lower body to ground in tuck position (one foot slightly behind the other).
2. Keep back rounded and chin in.
3. Roll backwards over rounded back with head tilted to the side.
4. Maintain tuck while rolling and land on feet if possible.



TACKLING

Nothing excites a crowd more than a hard, fair tackle on a player with the ball. Many young players lack confidence in executing this skill because of poor body strength or a lack of knowledge on how to execute the tackle without injury or awarding a free kick for incorrect execution.

Tackling, like all the other skills in footy, takes practice, appropriate supervision and good coaching. When this occurs, more young players will learn to tackle well and receive the rewards of adding this skill to their repertoire.

The two tackles explained below are introductory tackles and are called the front/falling tackle and the side tackle. The front/falling tackle is a great introductory tackle for players who do not possess great body weight or strength.

The impact of the tackle is greatly reduced if players attempt the following:

1. Position the ball carrier to the side if possible.
2. Approach in brace position.
3. Sight the target at hips.
4. Dip late.
5. Head tucked against opposite shoulder.
6. Lead shoulder meets ball carrier.
7. Grapple around waist and pin arm(s).
8. Lead foot moves ball carrier's directions.
9. Turn ball carrier around slightly using his momentum.
10. Go to ground with ball carrier – tackler landing on top.

The side tackle has similar components to the front/falling tackle with a couple of minor changes.

- 1-7. As per the front tackle.
8. Drop all your body weight on to your knees.
9. Don't let go of his hips and arm(s).

STAGE 3

Stage 3 aims to target players between 12 and 17 and focuses on improving those ever-important skills that make Australian Football so spectacular.

1. Tackling from all angles (extended).
2. Being tackled – fending.
3. Smothering.
4. High marking and the subsequent landing.

Think of all the good tacklers in Australian Football and the first thing you realise is that they really want to tackle when they know they can't win the ball or an opponent has the ball. The essence to good tackling, like all team play, is to want to do it and know how to do it. Once players know how to tackle safely and effectively, with practice, they will want to tackle.

There are three angles from which players can tackle:

1. Front.
2. Side.
3. Behind.



FRONT 'DRIVE TACKLE'

The drive tackle enables the tackler to meet the player being tackled head on and should only be introduced when players have mastered the falling front tackle and other contact skills, such as bracing and landing.

The points to practise include:

1. Position ball carrier to the side if possible.
2. Approach in brace position.
3. Sight the target at hips.
4. Dip late.
5. Head tucked against opposite shoulder.
6. Lead shoulder meets ball carrier.
7. Drive at ball carrier from knees.
8. Grapple around waist and pin arm(s).
9. Continue to drive forward landing on top of tackled player.



SIDE IMPACT TACKLE

When players need to tackle from the side using a side impact tackle, they should practise the following points:

1. Position ball carrier to the side if possible.
2. Approach in brace position.
3. Sight the target at hips.
4. Dip late.
5. Head tucked against opposite shoulder.
6. Lead shoulder meets ball carrier.
7. Drive at ball carrier from knees.
8. Grapple around waist and pin arm(s).
9. Continue to drive forward landing on top of tackled player.

Beware the player does not turn his/her back on your advance. This will lead to a free kick against you for a push in the back.



BEHIND DROP TACKLE

Tackling from behind can be fraught with risk because players can easily give away a free kick if not done correctly.

Here we will revise the side drop tackle because it is the best form of tackle when tackling from behind:

1. Position the ball carrier to the side if possible.
2. Approach in brace position.
3. Sight the target at hips.
4. Dip late.
5. Head tucked against opposite shoulder.
6. Lead shoulder meets ball carrier.
7. Grapple around waist and pin arm(s).
8. Drop all your body weight on to your knees.
9. Don't let go of his hips and arm(s).
10. Go to ground with ball carrier – tackler landing on top.

Remember in all tackling situations the important result is that the tackler lands on top of the player being tackled and does not allow the ball to be handballed or kicked away. If you want to simplify the way players tackle, the drop tackle works very well from all angles and should be practised from all angles.



BEING TACKLED

It is well and good when players are applying a tackle, but how about the time in the game when players have worked hard to win the footy and they are now the object of the tackle? What should players do?

Following are some tips for your players:

1. If you have time, turn your body to the side to absorb impact.
2. Assume brace position.
3. Do not jump off the ground.
4. See if you can clear your hands away from the tackler's clutches (usually upwards above your shoulders) to release the ball.
5. If you cannot release the ball fairly, protect the ball by having it away from the point of impact.
6. Tuck your head into your chest.
7. Tighten your muscles and prepare for the impact of the tackle and the ground.
8. Do not resist being tackled to the ground once your arms and the ball are trapped.



FENDING

Fending is a great way to avoid being tackled.

1. Assume brace position.
2. Do not jump off the ground.
3. Extend arm closest to the tackler, or one not holding the ball, out rigid with a slight bend at the elbow. This is the 'halt position'.
4. Aim the halt position at the oncoming tackler's chest region (avoid head-high contact).
5. On impact between your hand and the tackler's chest, push off from tackler.



SMOTHERING

Smothering a ball that is about to be kicked or handballed can really lift your team's spirits. If executed correctly, this skill can be applied more often in a game to great turnover effect. Again, it must be emphasised that players need to want to do this activity whole-heartedly, and through correct practice, this skill will develop.

Following are some guidelines for your players when practising smothering:

1. Get as close as possible to the player disposing the ball.
2. One foot in front of the other and knees bent to assume a low position.
3. Raise hands from thigh/hip region at angle of the disposal. This is called 'the draw'. Do not raise hands above your head and then come down on the smotherer.
4. Keep fingers spread and hands together.
5. Keep face behind spread hands.
6. The smotherer must keep his eyes on the ball at all times.



HIGH MARKING AND LANDING

Isn't it great to watch players jump high and look so much in control in the air and then land with grace?

Remember that in this section it is important that players have mastered the ability to land and have been given ample opportunities to practise landing from various angles.



Assessment form for Australian Football

NAME:

SCORE:

VHD = Very highly developed

HD = Highly developed

D = Developed

I = Improvement required

Tick appropriate score box

KICKING	VHD	HD	D	I
Drop punt accurately over short distance				
Control drop punt over 18 metres				
Demonstrate limited follow through in kick				
Obtain spin with a torpedo punt				
Can kick with non dominant foot				
Can kick against defending opponent				
Can kick three out of five goals from set distance				

HANDBALLING	VHD	HD	D	I
Can flat handball from stationary position				
Controls handball over short distance in game				
Uses non dominant hand if pressured				
Controls handball from a variety of positions				
Correct technique used in varying situations				

RECEIVING/MARKING/GATHERING	VHD	HD	D	I
Gather rolled ball when on the run				
Pick up stationary ball with one hand				
Gather bouncing ball in two hands				
Marks the ball on chest				
Can run, jump, overhead mark				
Can collect deflected balls clearly on the run				
Can mark the ball under pressure				
Can perform difficult marks, e.g. in packs				

BOUNCING	VHD	HD	D	I
Bounce ball while walking				
Bounce ball on the run				
Touch ball on the ground while running				
Bounce ball while evading opposition				

COMBINING SKILLS	VHD	HD	D	I
Uses appropriate types of passes in a game				
Can defend an opponent in a minor game				
Attempts to spoil				
Positions body to protect ball				
Can dodge and double back				
Anticipates player movements				
Demonstrates initiative under pressure				
Understands and follows basic rules				

TEAM PLAY	VHD	HD	D	I
Game sense				
Involvement in the use of basic team strategy				

EFFECTIVE ASSESSMENT - LEADERSHIP/SPORTSMANSHIP	VHD	HD	D	I
Commitment to the team				
Demonstrates good sporting behaviour				
Peer tolerance				
Commitment to improvement				
Involvement in management process				

COGNITIVE ASSESSMENT	VHD	HD	D	I
Rules test .../10 marks				
Knowledge of umpiring signals				
Ability to use scoresheet				

Source: SPARC @ Edith Cowan University