



HOME PROGRAM

AFL Outer East

Handball Technique

Hold the ball in one hand



Clench fist, thumb on the outside



Strike the ball with a 'V' with your clenched fist



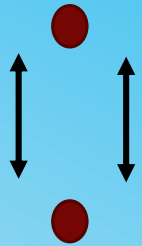
Move your feet
by stepping forward

Quick Hands- Warm-up

Tram Lines

Start handballing at the same time, changing from left hand to right hand after every handball.

60 handballs- 30 each hand



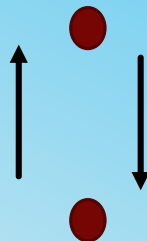
Round-about

Start with Right hand only

30 handballs

Switch to Left hand only

30 handballs



Over & Under

One end goes under the other
end goes over

30 under
30 overs



Ground ball Up

One Football.

Partner to roll the ball along ground from different angles.

Ball coming at you, ball rolling away from you & so on

15 Ground balls each



2 Footballs – 1-2m apart - Clean Hands – Quick hands

Ground Ball Technique

Go low, bend your knees & waist.

Approach the ball slightly to one side of the ball.

Position over the ball –
Leading foot to step pass the ball
with legs
slightly apart
for balance.



Finger nails to touch grass



Eyes on the ball.



Look to release a handball on
your way up



Kicking Technique

Grip

Point of the ball is to face towards the ground

Hands evenly spread on both sides of Football.

Fingers pointing towards the ground.

Contact Point

For a drop punt the ball should make connected on the bottom point of ball and make contact with your shoe laces



Ball Drop

Step forward with non-kicking foot (This is your planter foot)

Guide ball down with one hand. This should be the same hand as your kicking foot (Right hand Right foot, Left hand Left foot)

Use your other hand to provide balance

Follow Through

With a strong leg and locked ankle it's important to extend your leg through with a pointed toe.

Toe to point towards target.



Kicking in Pairs

Add various kicks &
Distances over time:

Straight-line **30 Kicks on
prefer foot**

Left foot Right foot **10 kicks
on non-prefer foot**

Kick around corners (snap
kicks) **20 kicks from both
feet**

Dripple Kicks. **10 from prefer
foot**

Push off the mark (Pretend
you have taken a mark and
are pushing off the man on
the mark) **10 from prefer foot**

Practise technique



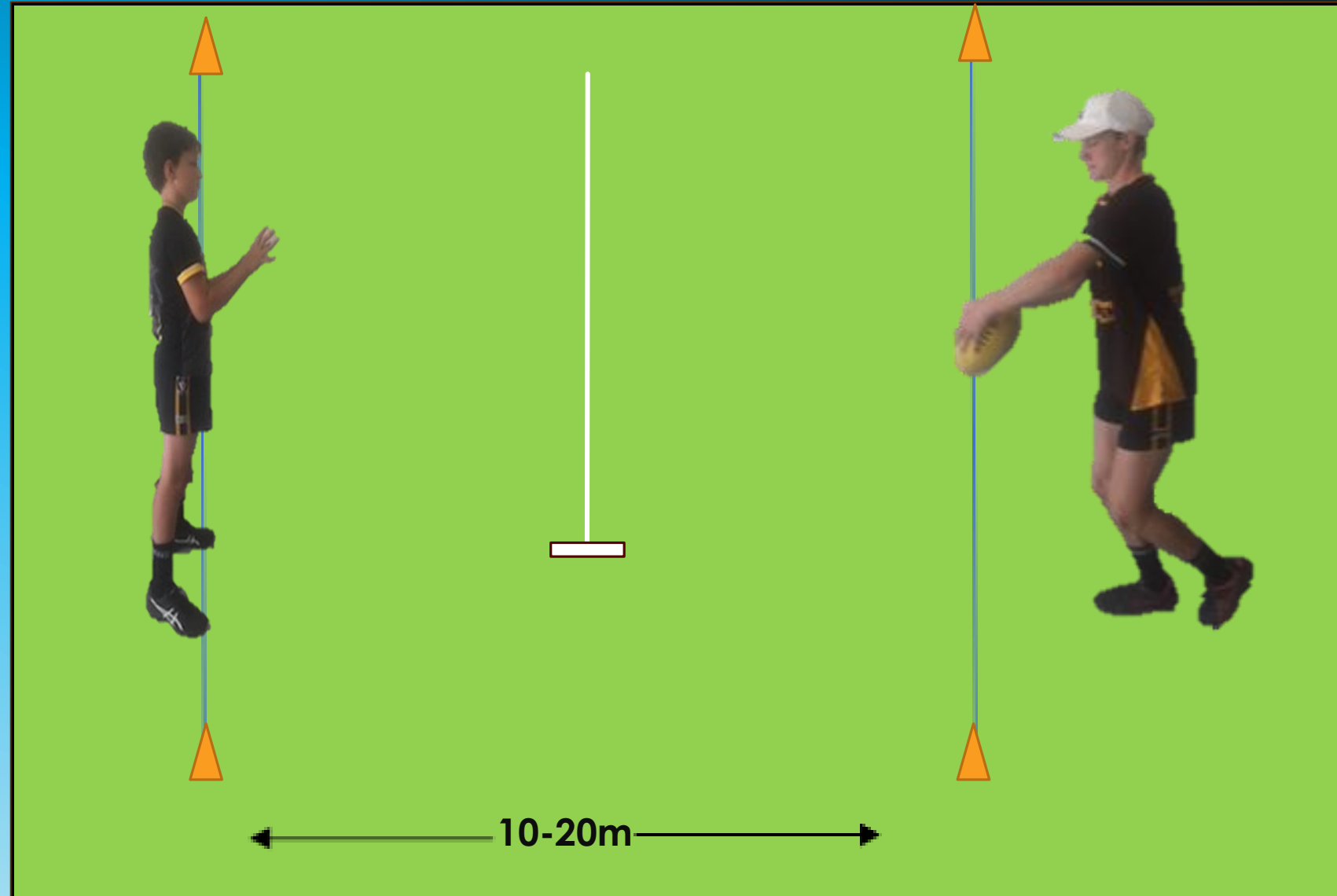
Vary Kicks: One Wood – Three Iron – Pitching Wedge – Left/Right Foot

Kicking in Pairs- Hit the Stick

Using a portal goal post, pvc pipe, stick or anything else from around the house to stick into the ground for a target.

First to hit the post 10 times

But remember your kicking technique

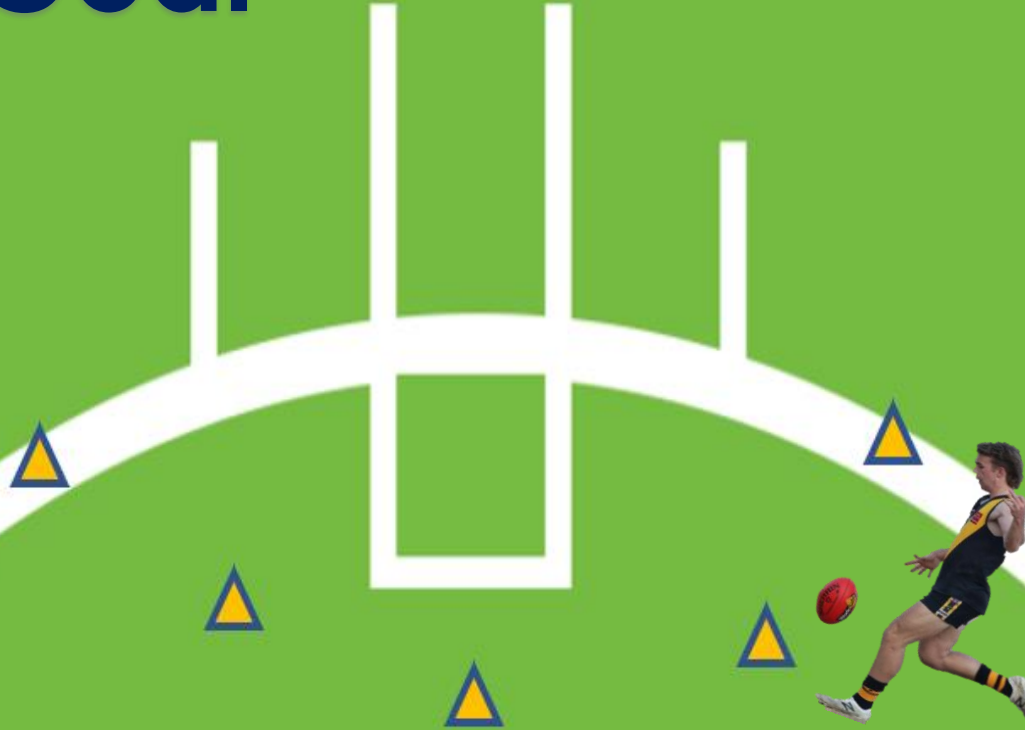


Set Shots for Goal

- Set your goals up in your back-yard.
- Cones or markers to be position from 5 different angles, well within your kicking distance.
- **3 kicks from each position.**
- Keep scores from your 15 shots on goal (try to beat your previous day)

Focus

- Fingers pointing to the ground
- Make sure you are steady & balance
- Have a strong leg, pointed toe & follow through on your kick.
- Correct 'point of contact' on foot (shoe laces)



Basketball Footy

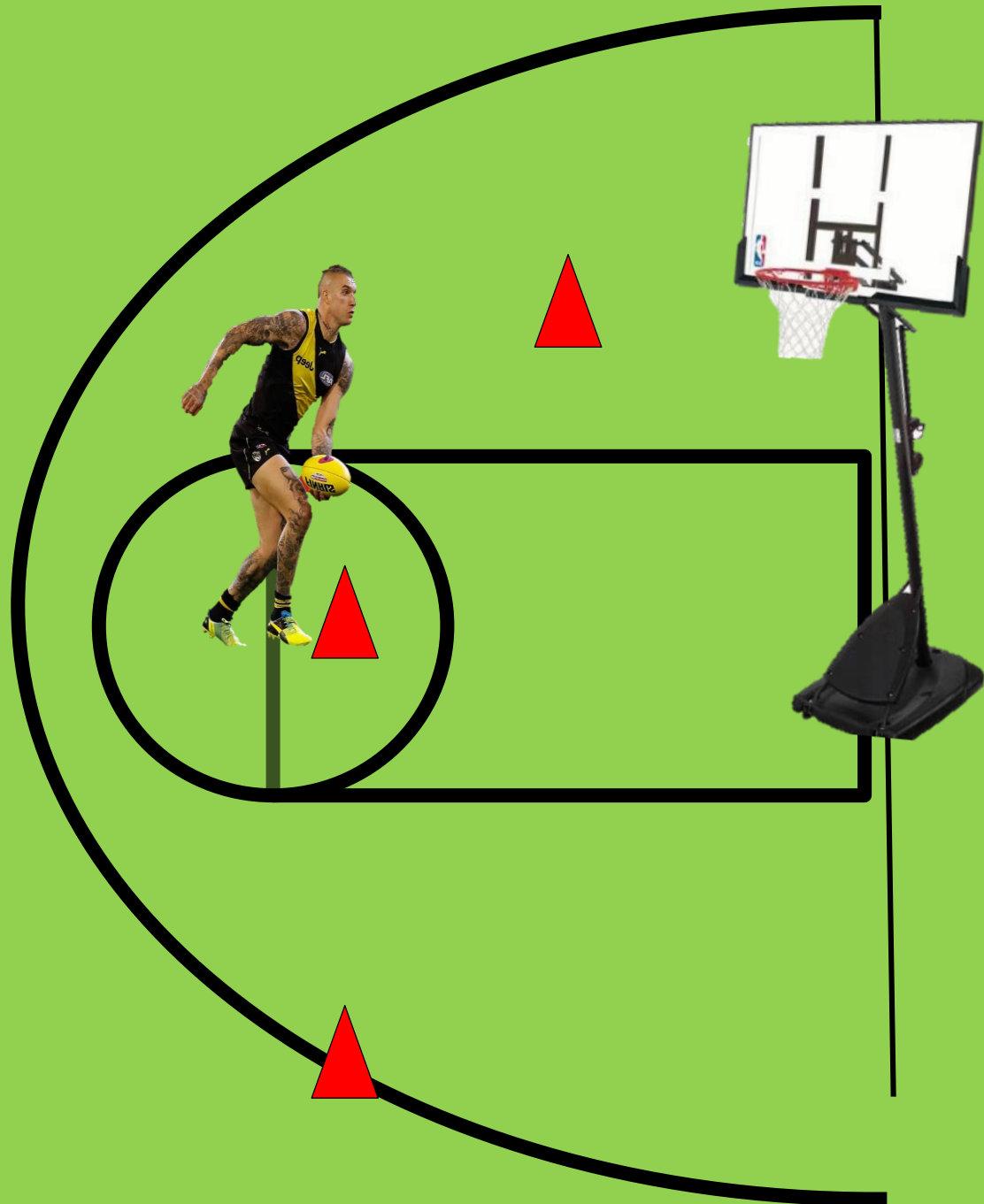
If you have access to a basketball ring, change things up and use a Football to practice your handballing.

Set various points around the key.

5 Hand-balls from each Cone.

Don't set the cones too far from Ring. You must be able to comfortably handball the distance.

If you don't have a Ring maybe consider a Bin



10 Pin Footy

Thinking not too many would have 10 pin bowling pins around the house, but you can use old soft drink bottles, pieces of timber or anything resembling pins from around your house.

Practice dribbling the football along the ground and ball control.

Use the shape of the football and the angle of the football coming off your foot to have control of the ball.

Eddie has used the inside of his left foot to make the ball go from Right to Left.

He could use the outside of his foot to make the ball bounce from Left to Right



Footy Golf

- Depending on size of area to use, create 3 to 9 holes to play.
- Start at different points of your yard/park land.
- Aim is to kick the ball into a designated hole/object. This can be a trampoline, sand pit, coned/marked area or any other object you maybe able to use.
- Each kick is to be taken within 2m of where the ball lands.
- Keep score.

