

Fundamental Drill Design



Saturday Feb 28th MCG



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- 2.Where in the session & when**
- 3.Deliberate practice - pre training / During/ Post**
- 4.Success Vs Errors (Growth through a particular skill).**
- 5.Hand & ground ball skill fundamentals**
- 6.Kicking fundamentals**
- 7.Other important breakdown skills Tackle, Body work, Aerial, Goal kicking taught as fundamentals**
- 8.Questions**

1. PHILOSOPHY

Why teach the fundamentals?

What are the challenges with teaching the fundamentals?



1. PHILOSOPHY

- Simple cues
- Short instructions
- High repetitions - I always at a minimum aimed for 1 ball between 2 players at training. U8-10 1 ball each
- Immediate Feedback (but not after every rep!)
- Progress from no pressure -> pressure -> Add decision

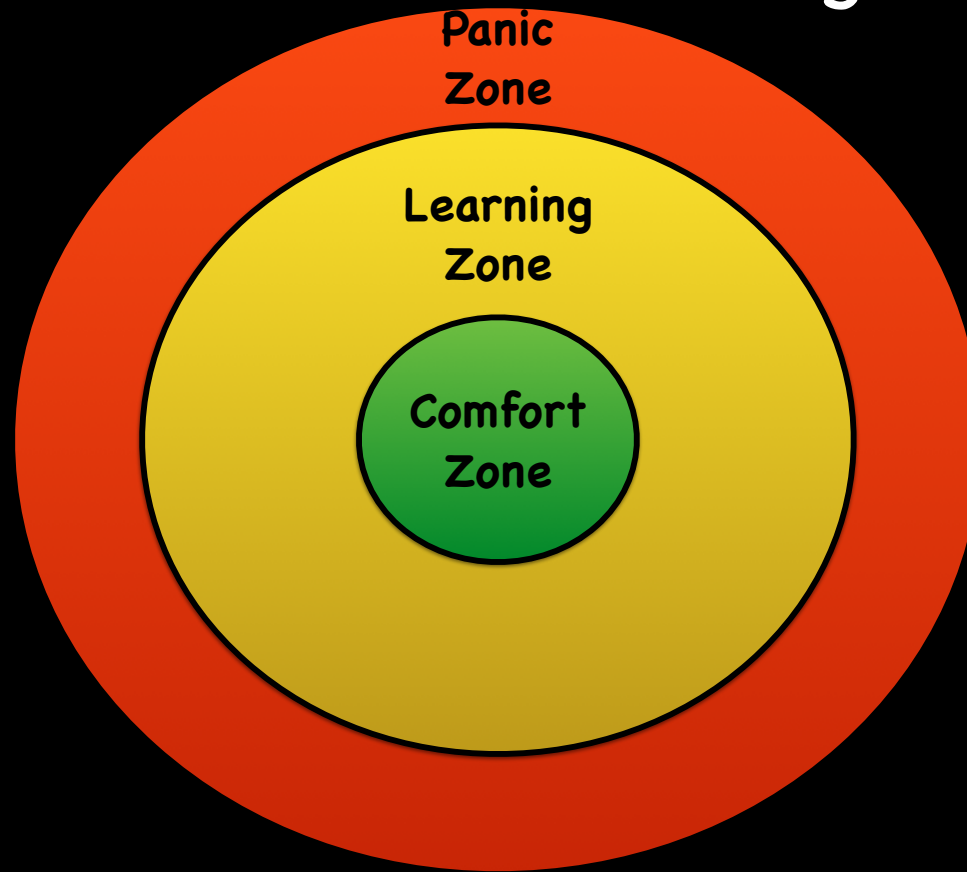
2. TIMING

When in the session do you like to include fundamentals?
What is deliberate practice?



3. SUCCESS vs ~~ERRORS~~ (LEARNINGS)

How can you create an environment that challenges the players and put them into the learning zone?



2. TIMING



1. Where do you put this type of training into your session?

2. Pre - set up different activities for players to choose from. E.g Poles, cones,. Use activity cards for players who are early*.

Use phases such as 'explore' - guide them on finding a **deliberate practice state**. Give them an opportunity to choose the skill they want to work on

3. During - Take a 5 - 10 min break to give the players a choice on what they would like to focus on. Use parents or other coaches to assist.

Or 2 mins fundamentals on a skill between drills

Further after the warm up with junior age groups I have & still do complete a 'kicking program' which is fundamental kicking for approx 6-8 mins each session. Primes them for the session. U8s-10s hand skills

After - I have found this useful in targeting 1-2 players each session who may need some more explicit instruction on a fundamental skill. This could include videoing a player (permission) and sending to to the parent so the player can watch themselves.

4. Hand Skills



* Emphasis on both hands - Encouraging players to be as good either side

1. Rapid fire
2. Beat the ball (2 footies)
3. Ground balls - with variations
4. 3s activities as fundamentals - putting pressure on from behind, bull drill, hedge & draw, over the top situation (get them in 3s here)
5. Pyramid with time or other group pressure (take through don't need to do it)
6. Fundamental HB games - end zones, challenges. Show end zones into getting a shot at goal, covering of receivers

4. Foot Skills



1. Kicking program – 3s***, 45s, 45s with only a few steps back, roll, snaps, opposite foot, off the line cuts, Acc & steady, Kick at speed (talk through and demo)
2. Basic kicking relays
3. 2 players and 2 footies handballing with each other but hen on the whistle they kick to a target or 2 other players at the other end.

4. Other fundamental skills



1. Tackling - Boundary focus - inside shoulder
2. Aerial - coloured cone activity
3. Body work stoppage - using hands, end points
fundamental
4. Goal kicking - happy to answer questions on this. Advice again would be to only have a max 2 shots from the same place. Vary bw set, set snaps, snaps and on the run.