



Under 16 Barry Davis Squad

2011-12

Xmas Training Skills Program

Some people dream of success... while others wake up and work hard at it. ~Author Unknown

KICKING ACTIVITIES

Initial concentration needs to be on “RELEASE” and ‘IMPACT’ of ball on kicking foot.

“RELEASE”	}	a.	Ball impact slightly under side of END of football.
		b.	Firm foot- foot fully extended (hard and most stable platform).
“IMPACT”		c.	Ball spins in a STRAIGHT and BACKWARD direction.

Kicking Sets to be used over 15-20m at good speed where appropriate.

If having trouble with one type of kick, stick with that kick and then move on.

Move onto your opposite foot once you are at a good level with your natural foot.

Practice different types of kicks to improve your control and skill range.

Drop Punt	Torpedo
Instep Torpedo	Banana
Forward Spin	Drop Kick
Snap	Floater
Daicos/Motlop	High Kick

Use a range of the following activities to enhance progression over the break.

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. All the ball movements should have the ball in the correct orientation for a drop punt kick.

Kick to self – 30 each leg- support leg must not move off spot. Designed to develop control in support leg and improve ball guiding to foot.

Kick 20m off one step- 30 each leg- work on balancing leg- Start in kicking position and advance only one step before kicking ball 20m. Designed to improve balance on support leg and guiding of the ball.

When I was young, I observed that nine out of ten things I did were failures. So I did ten times more work. ~George Bernard Shaw

Triangle kick- three players-15m apart- Kick off 1 step and concentrate on landing on kicking foot- run to target partner. Designed to develop kick when changing direction; landing on kicking leg and following kick. Players have to run to target (partner's cone) they must then run back to the cone they kicked from to receive the next kick.

Solo run X 4 over 40m- Player kicks to self and marks ball. Designed to develop ball control to foot when on the run and develop the ability to "weight the kick" aka Gaelic Football skill.

Kicking into hoops, bins or handball target- Various distances and depth perception work. Designed to develop kicking control and weighting of kick.

Kicking off 1 step with balancing hand on post or fence – Encourages counter balance, hand and ball guidance. Designed to improve support arm 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.

Kick at goal through two portable posts 2 metres apart and 20 m away.

Designed to improve player's ability to square up the kick and run in a straighter line prior to impact.

Maintain straight run along a line off cones or markers or line drawn- Attempt to keep support leg on one side of the line- Designed to minimize sideways running when kicking and allows the kicking leg to come through in a straight line.

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 allows players to "square up" on impact.

Pole Kick- A ten metre pole is placed in the middle of a circle of players, each 15 meters away from the centre of the pole. Designed to improve accuracy.

Trajectory Kick – kick at target above ground from various distances - Similar to kicking in bins, hoops etc 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).

I'm a great believer in luck, and I find the harder I work the more I have of it. ~Thomas Jefferson

HANDBALLING ACTIVITIES

All players will need to be proficient handballers left and right hand. Many AFL recruiters believe that poor handballing skills are simply due to a lack of effort to practice regularly and correctly.

Step into your handball (feet are important) and then handball firmly at the target. Spin the ball backwards.

See the table below and your experience from training for activity ideas.

MARKING ACTIVITIES

Focus on different marking skills. Any marking should be completed using straight arms, either taking the ball at its highest point for high balls or keeping your feet firmly on the ground for flatter kicks.

See the table below and your experience from training for activity ideas.

GROUND BALL ACTIVITIES

Focus on different skills. Practise reading the bounce from various heights and angles, meeting the footy at speed and improving ability to gather loose football.

See the table below and your experience from training for activity ideas.

SKILL	ACTIVITY
<u>Handball:</u>	ground level, quick hands, varying distances, hitting targets through small gaps, left and right skill equal, bouncing ball off a wall.
<u>Marking:</u>	taking ball on hands at speed, marking contests, marking and pushing back hard, marking and playing on, reaction time work over short distances.
<u>Bouncing:</u>	at full pace, opposite hand, around obstacles, at speed, calculate allowed distance.
<u>Ground Level /Picking the ball up:</u>	both sides, ground level hands off, full pace, under pressure, bouncing ball, skidding ball, practice predicting bounce, half volleys.

ENJOY YOUR HOLIDAYS, STAY SAFE AND APPLY YOURSELF TO YOUR CONDITIONING AND SKILLS PROGRAM.

The only place where success comes before work is in the dictionary. ~Attributed to both Vidal Sassoon and Donald Kendall

GENERAL POINTS TO REMEMBER

1. **Train 3-4 times per week:** 3 - 4/ week will produce a training effect. 2/week will produce a maintenance effect only with a gradual decrease in fitness
2. **Run with others - it's much easier to push yourself when you train with others. ORGANISE TO MEET TEAM MATES.**
3. **It is preferable to train before 10.00am or after 5.00pm if it is hot and sunny. Avoid the heat.**
4. Remember to **KEEP HYDRATED**. Check urine during the day and the next morning to see if it is clear in colour – if not, you need to drink more water.
5. Try to handle footballs whenever possible. Practice kicking/handballing on both sides of your body. Work on points given to you by coaches.

SKILLS SESSIONS GUIDELINES:

- Sessions should be mainly stationary in nature, with a **focus on precision rather than a huge volume**
- For kicking – do not exceed kicking distances of 40m, use both sides of the body, focus on drop punts, kick on the run only if running is *very* light
- For hand skills – handle several balls in as many different positions as possible (crouched, overhead juggling etc), work in groups to complete drills with multiple balls at speed (triangles, piggy in the middle etc)

INFORMATION SHEET – RECOVERY

Recovery methods can be *passive* or *active*. **Passive** recovery is the most basic form of recovery and includes sleeping, and basically 'doing nothing'. This method has its place but is proven not to be as effective as **active** recovery methods.

Passive recovery – Sleep

Sleep is the most beneficial form of recovery. Athletes should follow these guidelines:

- i. Sleep 8-10 hours every day (80-90% at night, 10-20% during 'day naps' between sessions)
- ii. Try to go to bed and get up at regular times
- iii. Start to relax and 'wind down' 20-30mins before bed
- iv. Don't force sleep – go to bed when ready
- v. Practice good '**sleep hygiene**' – bedroom should be a dark and quiet environment, comfortable bed, clean linen, regular routines before bed

Chronic sleep disturbances can lead to clear reductions in aerobic and anaerobic (i.e. sprinting, strength) performance – SO SLEEP WELL!

Active recovery – various methods

- i. **Cool down:** EVERY session should have cool down component lasting 5-10mins. A cool down has been shown to result in:
 - a) Greater clearance of lactate/lactic acid
 - b) Smoother temperature decline and better relaxation of Nervous System (i.e. like sleep)
 - c) Reduced exercise induced muscle soreness - In 2002 it was reported that a 12-minute jog cool down with stretching reduced muscle soreness and improved jumping and sprinting performance in elite football players
- ii. **Water immersion (pool/ocean recovery):** being underwater places your body under greater pressure than normal. This pressure has been shown to:
 - a) Improve blood flow and removal of wastes from training (lactic acid)
 - b) Reduce perceptions of pain
 - c) Accelerate the rate of nutrient delivery to fatigued tissues

A minimum of 10minutes is required to achieve the effect from water pressure. Recommended time for a session is 15-20minutes immersion with light activity (i.e. leg swings, walking, swimming etc)

- iii. **Cryotherapy (ice/ice baths):** most commonly used method for recovery – very effective at shutting body down to aid recovery. It is possible to adapt to this method so should not be used by itself. Some tips:
- a) Ice baths: 10-15minutes of 'exposure' i.e. underwater
 - b) Ice baths: temperature between 10° - 15° **NO LESS – buy a thermometer and check**
 - c) Ice: follow protocol of 15minutes 'on', 30minutes 'off' *5reps



Above: a thermometer should measure Ice bath temperature

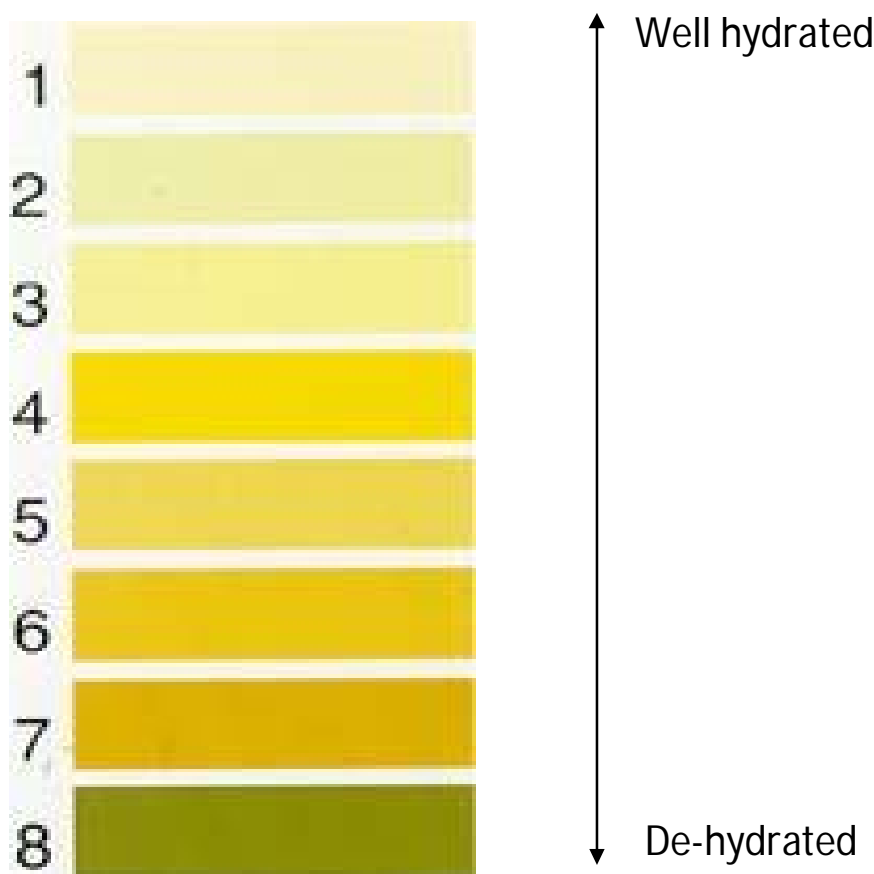
- iv. **Contrast therapy (hot-colds):** involves a combination of hot and cold techniques, which possibly creates a 'pumping action' of fluid and nutrients to improve recovery. Some tips and benefits of contrast therapy:
- a) Faster recovery of strength and power factors
 - b) Decreased stiffness and pain, fast removal of wastes
 - c) Ratio of 3:1 (hot:cold) i.e. 3mins hot:1min cold
 - d) 15-20minutes. 'Hot' temp = $37-44^{\circ}$ 'Cold' temp = $10-20^{\circ}$
 - e) Can be easily done in shower. ALWAYS start with hot and end with cold.
- v. **Massage:** obviously involves massage from a qualified therapist. Massage can have several benefits both physiologically and psychologically. Tips and benefits of massage:
- a) Has been shown to significantly reduce soreness and improve strength and power performance
 - b) Reduces anxiety, stress, tension
 - c) Should last at least 20-30minutes
 - d) Ideally should be massaged within 1-2hours of a highly fatiguing session
 - e) 'Relaxation' massage should be considered as well as 'sports' massage

INFORMATION SHEET – HYDRATION & NUTRITION

Hydration is one of the most important factors for high quality training and high performance. Particularly when the weather is warm, **hydration** can dictate how comfortable you are during a session and how well you perform. Some rules about hydration:

1. Start drinking EARLY IN THE DAY (soon after you wake up) and drink REGULARLY
2. Aim to drink at least 2-3litres of water per day, more on running days
3. Drink a variety of fluids that you enjoy the taste of
4. Drink fluids that are cold instead of room temperature
5. On training days consume fluids with carbohydrates (i.e. Gatorade, Powerade)

Checking your urine: See below a urine colour chart with ideal urine colour vs. dehydrated urine colour



Alternative **hydration** methods are being explored in the hot weather, such as the use of slushies/slurpees before and after training sessions. On days where the temperature is 32⁰ or above, some useful advice:

- a) Consume 500ml-1litre of slushie/slurpee 30-45mins before a session
- b) Consume 500ml-1litre of slushie/slurpee immediately after a session in conjunction with normal fluids

Nutrition is a major component during any part of the year – pre-season, in-season, off-season. Good **nutrition** affects two major aspects of being an athlete:

1. **Performance:** i) energy ii) movement capability

- i. **Energy** – as an athlete it is important to have a diet that will allow you to train harder and often. *Carbohydrates* are the most efficient source of energy for humans. *Fats* provide energy also, but it takes more than double the amount of time for the body to produce energy from fat – meaning you'll lack energy. Aim to snack *immediately* following a session on carbohydrates (Up and Go etc).
- ii. **Movement capability** – this is related to **nutrition** and its effect on *skinfolds (body fat)*. Simply put – the fatter you are, the slower you will be and more likely to be injured.
"fatter athletes have a greater inertia (mass) and therefore require significantly greater amounts of energy to perform change in velocity or direction" (Sheppard et al. 2006).
There is abundant research to show that fatter athletes (in particular around the abdomen) are slower over 20m, have a lower vertical jump, and are injured more frequently.

2. **Recovery – growth, repair:** **Nutrition** is equally as important as recovery sessions. The food taken in following a heavy session will impact on how quickly an athlete recovers, and in junior athletes how well they will grow muscle.

- i. Before a session – aim to leave at least an hour between food and a session. The food should be a *snack only* that has carbohydrates and protein that is also low fat.
- ii. After a session – aim to intake carbohydrates and proteins immediately in food and liquid
- iii. Around strength sessions – research shows the most effective form of **nutrition** to build muscle is to have a supplement 30-60minutes *before* a strength session, and another *immediately* after/within 15-20minutes (Cribb & Hayes 2006).
- iv. Consider creatine supplementation with advice from Cannons staff.

***Calder Cannons nutrition/Strength and Conditioning staff can provide advice on the types and brands of supplements that may be beneficial to use**

INFORMATION SHEET – KEEPING SKINFOLDS LOW

1. Eat smaller meals, more frequently	<ul style="list-style-type: none"> ✓ Keeps your metabolism at constant rate ✓ Large meals cause sharp rise then fall in metabolic rate ✓ Burns energy more efficiently ✓ Helps to maintain blood sugar more effectively therefore feelings of energy throughout the day
2. Drink 2-3 litres of fluid daily	<ul style="list-style-type: none"> ✓ Also keeps metabolism more constant ✓ Helps digestion including bloating ✓ Assists training capabilities
3. Avoid fried foods	<ul style="list-style-type: none"> ✓ Contain large amounts of oil and butter ✓ Worse at take away where you don't know portions used ✓ Choose grilled or even pan-fried options where possible
4. NO chips/fried potatoes	<ul style="list-style-type: none"> ✓ Extremely high in fats and carbohydrates (i.e. extremely energy dense food) ✓ Little nutritional value ✓ Wasted energy
5. Avoid white flour products	<ul style="list-style-type: none"> ✓ Examples include: white bread (the devil), pastries (i.e. pies, sausage rolls, muffins) ✓ Poor nutritional content for amount of energy ✓ Difficult to digest ✓ Absorb other macronutrients such as fat easily
6. Limit starchy carbohydrates after 4pm	<ul style="list-style-type: none"> ✓ 'Starchy carbohydrates' = pastas, potatoes, pastries, breads ✓ Significant energy consumed before bed when metabolism will be almost shutting down – difficult to burn energy
7. NO soft drink/juice/cordial	<ul style="list-style-type: none"> ✓ Sugarless options are OK ✓ Sugar contains significant amounts of energy and can be stored as adipose tissue (fat) eventually if not utilised
8. Choose sugary treats over fatty ones	<ul style="list-style-type: none"> ✓ Treats like lollies, biscuits (except shortbreads) ✓ Have high sugar but little fat ✓ Fat contains double the energy per gram than sugar ✓ Not to be eaten as a meal! Treat/snack only
9. Aim for Low-GI foods and foods high in protein	<ul style="list-style-type: none"> ✓ Protein helps build lean mass which helps to maintain body composition ✓ Low-GI examples = Basmati rice, vegetables (not potato), legumes (i.e. beans), meats, dairy (choose low fat) ✓ May help energy levels for longer

General Notes:

- Get into a routine with eating and training
- Aim to do resistance training in the mornings – drastically increases metabolism throughout the day compared to training later on
- Eat foods you enjoy
- Eat meals that are rich in nutrients and will keep you fuller longer. **Example:** Spaghetti with Napoli sauce vs. Spaghetti with Napoli sauce + tuna *or* minced meat + beans

SUMMER TRAINING CALENDAR – U16 PLAYERS

December 2011

HARD	19 Monday U16 Training	20 Tuesday REST	21 Wednesday Final U16 Training	22 Thursday REST	23 Friday i) MAS 120%/0% ii) Strength 1b	24 Saturday Recovery + stretch	25 Sunday Recovery + stretch
EASY/ UNLOAD	26 Monday i) Strength 2b	27 Tuesday Recovery + stretch	28 Wednesday i) Pool (DWR/ swim)	29 Thursday i) Strength 1b	30 Friday Recovery + stretch	31 Saturday i) Strength 2b	1 Sunday Recovery + stretch

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EASY/ UNLOAD	2 Monday i) Speed ii) Strength 1b	3 Tuesday Recovery + stretch	4 Wednesday i) Strength 2b ii) Pool (DWR/ swim)	5 Thursday Recovery + stretch	6 Friday i) Strength 1b ii) Skills: <i>(kicking <40m <50kicks each leg)</i> + stretch	7 Saturday i) MAS 120%/0% ii) Strength 1b	8 Sunday Recovery + stretch
HARD	9 Monday i) Speed ii) Strength 1b	10 Tuesday i) MAS @ 120%/0% ii) Skills: <i>(kicking <50m <60kicks each leg)</i> + stretch	11 Wednesday Recovery + stretch	12 Thursday i) Strength 2b ii) CoD	13 Friday i) Skills: <i>(kicking <50m <60kicks each leg)</i> + stretch	14 Saturday i) Strength 1b ii) Pool (DWR/ swim)	15 Sunday Recovery + stretch
EASY/ UNLOAD	16 Monday i) Speed ii) Strength 1b	17 Tuesday Recovery + stretch	18 Wednesday i) LIGHT Skills ii) Strength 2b	19 Thursday i) Strength 1b ii) Recovery + stretch	20 Friday i) CoD ii) Strength 1b	21 Saturday i) LIGHT Skills ii) Pool (DWR/ swim)	22 Sunday Recovery + stretch

CONDITIONING SESSIONS – CoD (CHANGE OF DIRECTION) & SPEED SESSIONS

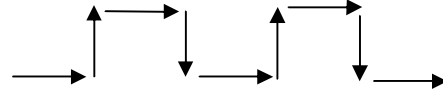
Example Session 1 (CoD):

WARM UP: jog 2 laps of the oval. Please then complete normal warm up activities: High Knees, Heel Flicks, Side to Side, Backwards running, Karioka, Stretch Lower Back + Leg Swings, Strides @ 70%, 80% & 90% * 2 + **RUNNING TECHNIQUE DRILLS.**

SESSION DETAILS: 'In and Out Drill' (cones 5m apart) * 6 reps
(3 reps each direction).

1 minute rest between.

COOL-DOWN: jog 1 lap of oval + Perform main stretches for upper & lower body within pain free range



Example Session 2 (CoD):

WARM UP: jog 2 laps of the oval. Please then complete normal warm up activities: High Knees, Heel Flicks, Side to Side, Backwards running, Karioka, Stretch Lower Back + Leg Swings, Strides @ 70%, 80% & 90% * 2 + **RUNNING TECHNIQUE DRILLS.**

SESSION DETAILS: 'Bow tie drill; (cones 5m apart)

5 reps forward, 5 reps backward. 1 minute rest between.

COOL-DOWN: jog 2 laps of oval + Perform main stretches for upper & lower body within pain free range



***When doing an agility session you should combine both sessions 3 & 4 into ONE session (3 minute rest between drills)**

Example Session 1 (SPEED):

WARM UP: jog 2 laps of the oval. Please then complete normal warm up activities: High Knees, Heel Flicks, Side to Side, Backwards running, Karioka, Stretch Lower Back + Leg Swings, Strides @ 70%, 80% & 90% * 2 + **RUNNING TECHNIQUE DRILLS.**

SESSION DETAILS (complete both activities):

1) Speed pyramid running – 2*10m, 2*20m, 1*30m, 1*40m, 1*60m, 1*40m, 1*30m, 2*20m, 2*10m @ 100% (very slow walk back recovery approx 45-60secs) *2 sets. 4minutes passive rest between sets

2) End accelerations over 90m – sprint first 30m @ 100%, jog middle 30m @ 60%, sprint final 30m @ 100% *2 sets of 5 reps. Very slow jog back recover between. 3minutes passive rest between sets

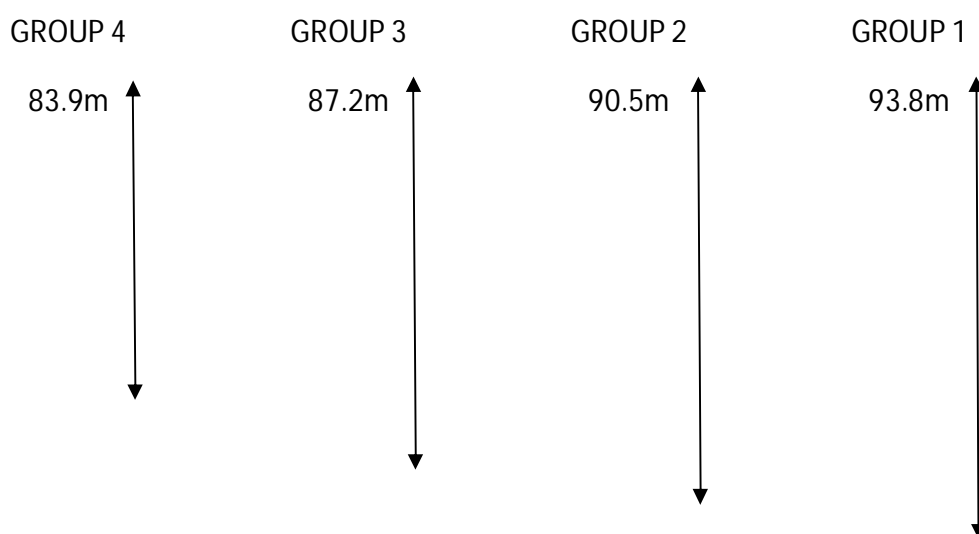
COOL-DOWN: jog 1 lap of oval + Perform main stretches for upper & lower body within pain free range

CONDITIONING SESSIONS – MAXIMAL AEROBIC SPEED (MAS) SESSION

Based on the training we have done in the Pre-Christmas period. You will need to remember what group you were in (or progressed to):

GROUP	15 SEC DIST @ 120% MAS
1	74.0
2	77.3
3	80.6
4	83.9
5	87.2
6	90.5
7	93.8

Sessions should be set up just as we have at training (see example below @ 120%):



Key points:

1. Warm up as normal + **RUNNING TECHNIQUE DRILLS**
2. Sessions should use the format of 15 seconds of work (time to sprint from one end to the other) with 15 seconds of rest (at the end of each effort)
3. You should attempt to measure distance as accurately as possible (you could borrow a measuring wheel from school, or ask at a gym etc) by either measuring it properly, *or*, simply taking pacing steps that are approximately 1 metre
4. Sessions must be:
 - 2*8mins for 120% sessions
 - 3 minutes of rest between

CONDITIONING SESSIONS – POOL/WATER CROSS-TRAIN SESSIONS

Example Session 1 (Swimming):

WARM UP: 200m F/S & Loosen up

SESSIONS DETAILS:

4 x 50m freestyle sprint – 1min walk recovery in between each repetition

3 x 100m freestyle sprint – 1min walk recovery in between each repetition

2 x 150m freestyle sprint – 2min walk recovery in between each repetition

3 x 100m freestyle sprint – 1min walk recovery in between each repetition

4 x 50m freestyle sprint – 1min walk recovery in between each repetition

COOL DOWN: 100m slow F/S & Stretch all major muscle groups

Example Session 2 (Swimming):

WARM UP: 200m F/S & Loosen up

SESSIONS DETAILS:

6 x 25m (one breath only) on 30secs

5 x 50m on 60secs

6 x 25m (one breath only) on 30secs

5 x 50m on 60secs

6 x 25m (one breath only) on 30secs

5 x 50m on 60secs

6 x 25m (one breath only) on 30secs

2minutes passive rest b/w sets

COOL DOWN: 100m slow F/S & Stretch all major muscle groups

Example Session 3 (Swimming):

WARM UP: 200m F/S & Loosen up

SESSIONS DETAILS:

3*100m on 120secs

6*50m on secs

3*100m on 120secs

6*50m on secs

50m recovery swim + 1minute passive rest b/w sets

COOL DOWN: 100m slow F/S & Stretch all major muscle groups

Example Session 4 (DWR – Deep Water Running):

WARM UP: 200m F/S & Loosen up

SESSIONS DETAILS:

Sprint pyramid:






30s 'on'/30s 'off'*4, 60s 'on'/30s 'off'*2, 90s 'on'/30s 'off'*2, 120s 'on'/60s 'off'*1, 60s 'on'/30s 'off'*2, 30s 'on'/30s 'off'*4

ALL 'off' rest periods are treading water

COOL DOWN: 100m slow F/S & Stretch all major muscle groups

WHAT IF I GET INJURED? In the unfortunate circumstance where you get injured over the break, it is our expectation that you contact one of the medical staff. Before this, employ immediate management of the injury via the RICER strategy:



	R est	Place yourself in a comfortable position. Keep the injured area supported. Avoid using the injured area for at least 48–72 hours as continued activity will increase bleeding and damage.
	I ce	Apply ice to the injured area for 20 minutes, every two hours for the first 48–72 hours after injury. Ice reduces swelling, pain and bleeding. Ice can be used in the following ways: <ul style="list-style-type: none">■ crushed or cubed ice in a wet towel or plastic bag■ frozen pea packet in wet towel■ cold pack wrapped in wet towel Icy or cold water is better than nothing. Caution: Do not apply ice directly to skin.
	C ompression	Apply a firm wide elastic bandage over the injured area, as well as above and below. Where possible hold ice in place with the bandage. Between ice treatments maintain bandage compression. Applying a bandage will reduce bleeding and swelling and also provides support for the injured area. Caution: Ensure the bandage is not too tight. Some signs of the bandage being too tight may include numbness, tingling or skin becoming pale or blue. If these symptoms and/or signs develop remove the bandage and reapply again firmly but not as tightly.
	E levation	Raise the injured area above the level of the heart at all times. A pillow can be used to provide support and comfort. Elevating the injured area reduces bleeding, swelling and pain.
	R eferral	As soon as possible after injury arrange to see a qualified health professional such as a Doctor or Physiotherapist. This will determine the extent of your injury and provide advice on treatment and rehabilitation required.

Early and correct use of RICER and NO HARM factors is essential for the initial management of a soft tissue injury. RICER & NO HARM should be continued for 48–72 hours.

Sports Medicine Australia recommends that an accredited Sports Trainer is on duty during sporting events and activities.

TRAINING DIARIES

All players are required to fill in the training sessions that they completed in their training diaries – hard copy at back of booklet or preferably Microsoft Excel spreadsheet.

First you need to record your daily well-being (energy, sleep, muscle condition).

Each training session must be clearly written down, along with your RPE (see scale at back of booklet), a simple comment as to how you coped with the session.

For example:

ENERGY LEVEL: 1, MUSCLE CONDITION: 2 Session completed: MAS @ 120% RPE: 5

Comment: "Comfortable session, ran well."

The training diary must be filled out and will be checked when we return from training. If you have any questions please make use of the staff contact list.

I will be conducting sessions over the break – please contact me for when and where.

Good luck and enjoy,

Steve Forcone

Email: steveforcone@gmail.com

Phone: 0418 569 773

RPE SCALE: How hard you rated your session	
0	Nothing at all
1	Very Light
2	Light
3	Moderate
4	Somewhat Heavy
5	Heavy
6	
7	Very Heavy
8	
9	Extremely Heavy - Almost Maximal
10	Maximal