



AFL VICTORIA UNDER 16 CHAMPIONSHIPS 2014 STAFF HANDBOOK

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GEELONG FALCONS SPONSORSHIP PARTNERS



AFL VICTORIA UNDER 16 CHAMPIONSHIPS 2014

STAFF

HEAD COACH	- CAMERON LOFTUS
ASSISTANTS	- JAMES COLBERT - BARRY ORVIS - BRETT TAYLOR
SELECTION	- PAUL HENRIKSEN - PETER BANKS
RUNNERS	- MICK MCMANUS - SAM LOFTUS
MANAGERS	- RON IMANSE - SHAUNN ROCK
MEDICAL	- TIM MALBERG - RICHARD EMBLETON OAM - COLIN WATSON

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AFL VICTORIA UNDER 16 CHAMPIONSHIPS 2014 - TRAINING & PRACTICE MATCH SCHEDULE

Times, dates and venues may change due to venue availability. (Squad coaches to advise)

WEEK 1

Wednesday January 29th Geelong Squad Training – 4.45pm Highton Reserve (Intro's, Info, Training Gear, Track)
Friday January 31st Geelong Squad Training – 4.45pm Highton Reserve

WEEK 2

Wednesday February 5th Geelong Squad Training – 4.45pm Highton Reserve
Friday February 7th Geelong Squad Training – 4.45pm Highton Reserve (Competitive work)

WEEK 3

Wednesday February 12th Geelong Squad Training – 4.45pm Highton Reserve
Friday February 14th **Intra-squad Practice Match** - 5.00pm **Geelong College** (TBC) (Arrive 4pm for strapping)

*Followed by **Squad discussions for coaches** and announcement of **ADJUSTED GLG SQUAD** made the **following Wed.**
(Cameron to complete "areas to develop" for each delisted player)*

WEEK 4

Wednesday February 19th Geelong Squad Training – 4.45pm Highton Reserve
Players informed of adjusted squad during training. (Post training interviews - areas to work on)
Friday February 21st **FINAL Pre Trial Game GLG Squad Training** - Highton Reserve
Sunday February 23rd **U16 1st Trial Game** – Camperdown Leura Park Oval - 10.00am COMBINED

WEEK 5

Wednesday February 26th Geelong Squad Training – 4.30pm Highton Reserve
Friday February 28th Geelong Squad Training – 4.30pm Highton Reserve
Sunday March 2nd **U16 2nd Trial Game** – Camperdown Leura Park Oval - 11.00am COMBINED

U/16 Geelong Falcons 2014 Country Carnival Squad announced after game. (30 selected)

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TRAINING, PRACTICE MATCH & GAME DATES LEADING UP TO CHAMPIONSHIPS

WEEK 6

Wednesday March 5th (Full Squad Training – 5.00pm Highton Reserve)
 Friday March 7th (Full Squad Training – 5.00pm Highton Reserve)

WEEK 7

Wednesday March 12th (Full Squad Training – 5.00pm Highton Reserve)
 Friday March 14th (Full Squad Training – 5.00pm Highton Reserve)
 Sunday March 16th **PRACTICE MATCH v Nth BALLARAT** - 10.00am - Eureka Stadium - North Ballarat

WEEK 8

Wednesday March 19th (Full Squad Training – 5.00pm Highton Reserve)
 Friday March 21st (Full Squad Training – 5.00pm Highton Reserve)

WEEK 9

Wednesday March 26th (Full Squad Training – 5.00pm Highton Reserve)
 Friday March 28th (Hampden with local clubs)
 Sunday March 30th **GAME 1 v Nth BALLARAT - Curtain Raiser to U18 Match** - Noon - Reid Oval - Warrnambool

WEEK 10

Wednesday April 2nd (Full Squad Training – 5.00pm Highton Reserve)
 Friday April 4th (Hampden with local clubs)
 Saturday April 5th **GAME 2 v DANDENONG - Curtain Raiser to U18 Match** - Noon - Simonds Stadium - Geelong

*Followed by **Squad discussions for coaches** and announcement of **GEELONG FALCONS TEAM** x 22 to play in Bendigo.
 (Cameron to complete “areas to develop” for each delisted player)*

WEEK 11

Wednesday April 9th (Full Squad Training x 22 – 5.00pm Highton Reserve)
 Thursday April 10th Team Meeting – Hampden to Geelong overnight billets
 Captains run to finalise style of play, set ups, etc
 FRIDAY April 11th **GAME 3 GEELONG FALCONS V GIPPSLAND** - 3.15pm - QEO - Bendigo
 SATURDAY April 12th **U16 VIC COUNTRY ACADEMY CLINIC** (All Squad Players - 10.00am QEO - Bendigo)

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TRAINING FORMAT

DATE – 31/01/14		VENUE – HIGHTON	PLAYERS EXPECTED - 39
TIME	DRILL	COACHING POINT KEY FOCUS	COACH
4:10 – 4:30	<u>COACHES MEETING</u> Painting the picture	Finalise key focus areas, teaching points & assessments	ALL COACHES
4:30 – 4:45	<u>WARM UP</u> FUNDAMENTAL SKILLS	PREPARATION CONCENTRATION EXECUTION	Colby, Baz, Mick & Sam
4:45 – 4:48	DRINK		
5:00 – 5:12	<u>FULL GROUND DRILL</u> Focus on kicking, front square, hb receive, draw & give & running to position to support.	Pattern of play Game sense & understanding	Cameron
5:15 – 5:50 3 x 10 MINS	<u>ROTATIONS</u> Technical skills	Decision making – A1 A2 D1 D2, Forward, mid and defence (see Technical components sheet)	ALL COACHES
5:50 – 6:00	WARM DOWN	Warm down, review & recovery plan	Mick & Sam

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