



TRAINING STANDARDS

PUNCTUALITY:

- Expected from all involved. Coaches, Players, Key Support Staff
- Know and adhere to times required for attendance
- Training, Team Meetings, Games & other activities run by the club

DRESS:

- Training – Club gear appropriate for Pre-season / In Season
- Game day – **Off field** - Club polo, hoodie, jacket, tracksuit pants, black pants, jeans or shorts. – **On field** – As directed by club

TRAINING:

Attack on ball

- Always attack the ball at speed and with purpose for H/B received, Marking and Ground balls
- Ball to be taken in hands and at highest point. Arms outstretched.
- At ground level below waist, fingers pointing down, body in line with ball, keep eyes on ball and stay low (Noses down)

Handball

- Rocket H/B at face/upper chest
- **Soft hands in short** < 3m
- **Firm and crisp for longer** > 3m
- Always in front or to advantage of teammate

Kicking

- Passing - Drop punts, Crisp and Sharp in front of team mate
- Longer kicks – Kick through the ball, avoid up & under kicks
- Always kick ball to advantage side of teammate to allow him to run onto or into ball
- Avoid kicking to teammates feet, behind him or over his head
- Goal kicking – Go through routine, Kick through the ball, allow for wind
- Prefer a bold mistake rather than a soft mistake

Voice

- Always **POSITIVE**
- Loud & Repeated
- **Instructional** – “Got 5, Got 10” – “Go hard” – “Run, Carry” etc
- **Encouraging** where ever possible

Rules & Habits

- No “U” Turns – Always look to give to running teammate
- Push hard to next contest
- Master “Front & Centre”
- Master “Marking Time” / “Treading Water”
- Feed to wider H/B option
- Run in quickly after drill.
- Tap a teammate after each drill.
- Eyes and ears on coach or instructor.
- No cross talking when coach or teammate talking (Respect)
- All active, switched on and involved (Coaches & Players)
- Correct mistakes as they occur

“Feedback is the breakfast of champions!”

Make sure you give it and receive it in the appropriate manner.