



Basic Tactics / Game Plan

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Level 2 Coach**

PREDICTABLE STRUCTURES

- Stoppage Set Ups.
- Kick In Set Ups.
- Zone Set Ups.
- General Play Set Ups.
- Leading Patterns.
- Blocking.



***ALL NEED TO
BECOME FLEXIBLE***



Standard Tactics

Centre Square

- Man on Man
- Role Playing- Ruck, Rover, Sweeper, Blocker
- Peripheral Set Ups - Clear Out/ Congest
- Go to players – team knows who they are and wingmen know their role as do rotating midfielders

Example of Centre Square Set-Up

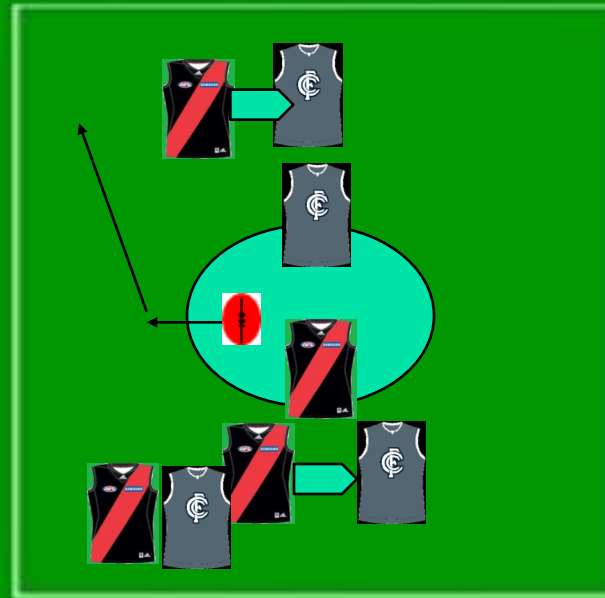
ESS

- Ryder hits to left hip – Watson (go-to)
- Stanton pushes off Murphy and runs towards Watson, collecting the handball
- Stanton handballs to offensive wingman, Monfries

ESSENDON VS CARLTON 2009

MONFRIES

ZAHARAKIS





Midfield – “Three Ways”

AT THE STOPPAGE:

- Strong starting points – control the area & space you want in front & first to move initiate body contact if necessary

WORK RATE IN & OUT OF THE STOPPAGE AREA

- No standing still don't be last to leave the stoppage. Relentless on the 2nd, 3rd & 4th efforts.
- Account for your man when they have it or cover most dangerous work rate out of stoppages – 20-30m running patterns next contest

THOUGHT PROCESS ONCE THE BALL HAS LEFT YOUR AREA

- Position yourself out of stoppage – Be an option E.G. switch kick where can I have a positive influence on the game
- WORK BACK TO SUPPORT DEFENCE – GUT RUNNING
- GET THE BALL BACK INSIDE WHERE POSSIBLE
- FAST – BACK 10 AROUND 5 OR PLAY ON FROM MARKS / FREES



Standard Tactics

Boundary Throw Ins

- **Forward Zone** - tap behind contest line or tap to back of ruck contest, 3rd man up etc – players must set up
- **Defence Zone** - tap to behind workline or boundary
- **Role Playing** or zone responsibility applies



Man on Mark

- In opponents face when standing on the mark
- Turn and go after the kick, especially for short kick, create a plus one at the next contest
- Stand on inside of opponent, forcing ball carrier to kick down the line



Defensive press terminology

- No holding hands, space 10-15 metres away
- Cut off 45 degrees
- Striking distance of an opponent eg. -baseball base
- No guarding grass/ dangerous grass yes
- Perimeter- guard outside of opponent



Standard Tactics

Opposition Kick Outs

- Man on Man
- Zones - 12 (3/4/5), 15, 18
- “Man on Man” - 50/50



Standard Tactics

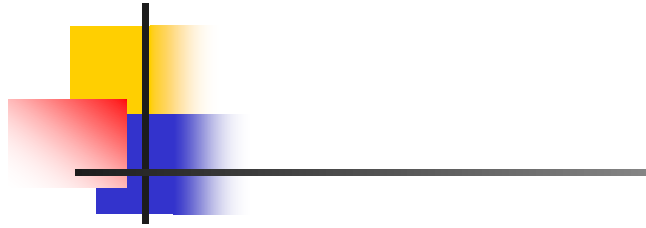
Our Kick Outs

- 'Flood the Dud' – weakest part of the zone
- Huddle/ Release
- "Play on"
- 2nd Kick Option
- Defensive Option
- Designated Kicker
- Spear Kick



SYNERGY/PREDICTABLE LEADING PATTERNS

- Simple Lead & Replace Strategy. (Fill the gap left by first leading player)
- Box Formation.
- Don't back lead into your mates space, *unless blocking.*
- Continual movement.
- Examples of Formations.

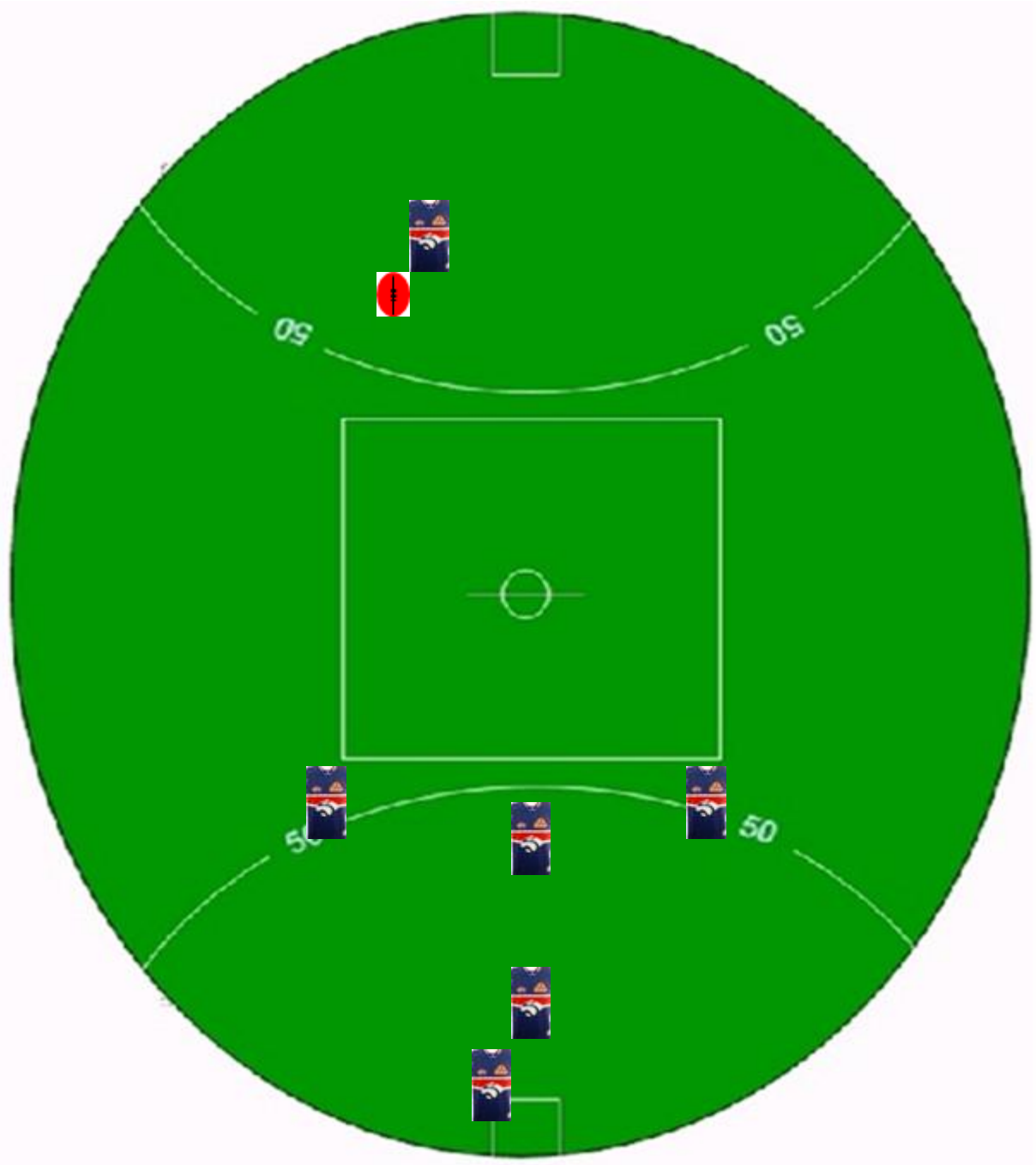


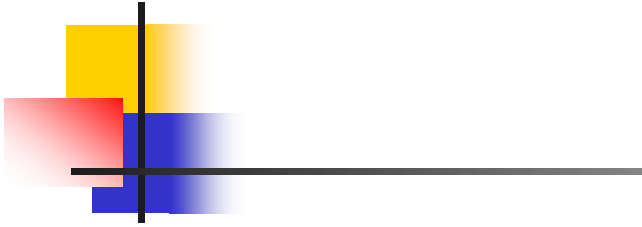
LEADING PATTERNS

■ Lead &

Replace

- A kicks leading B
- C replaces B space
- D replaces C space



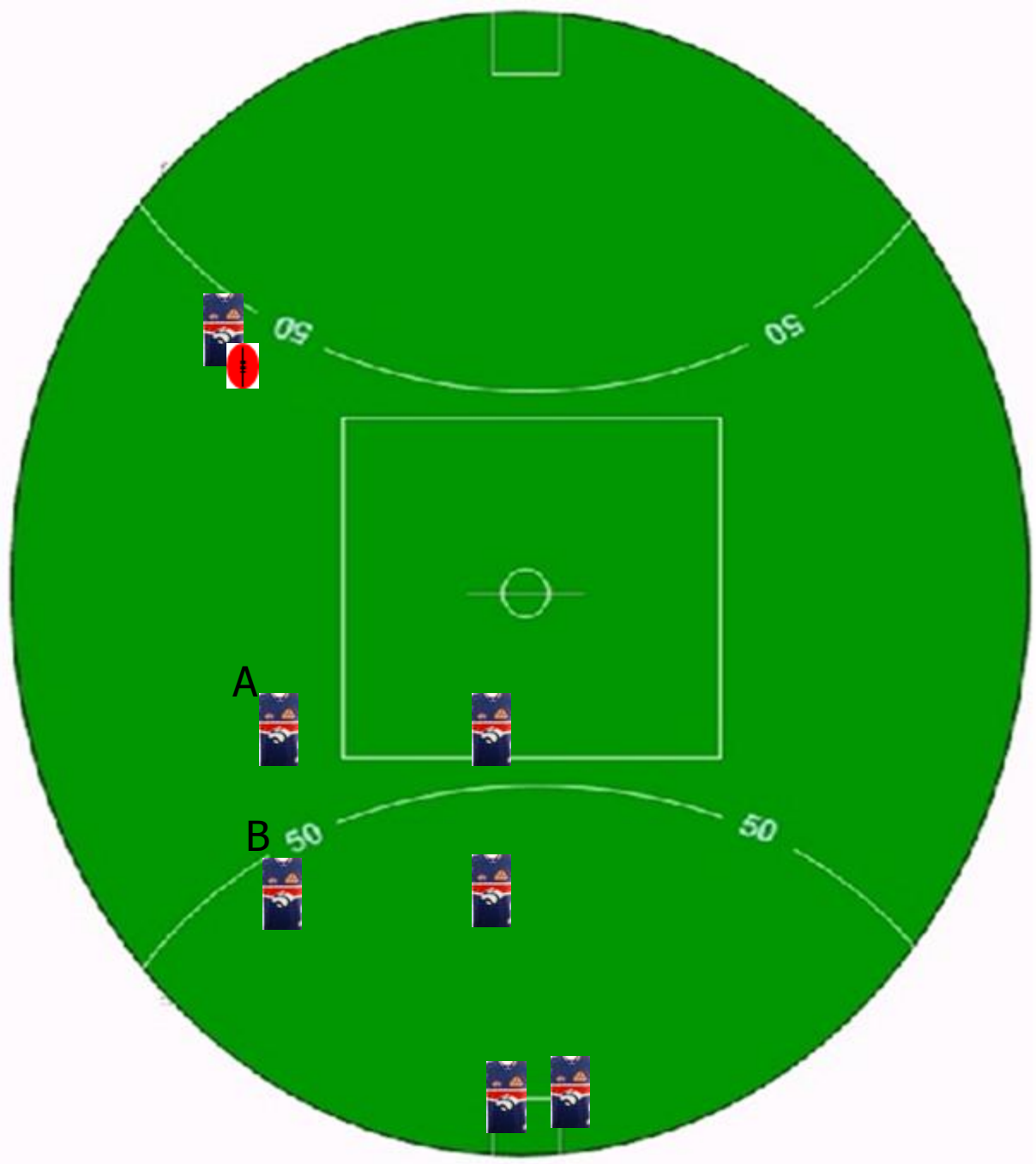


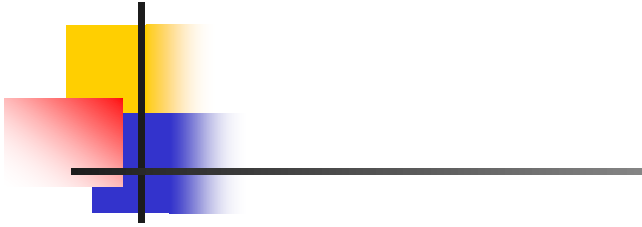
LEADING PATTERNS

■ Box

Set-Up

- Ball carrier will kick to leading pair B
- Pair A will stream into the fwd 50



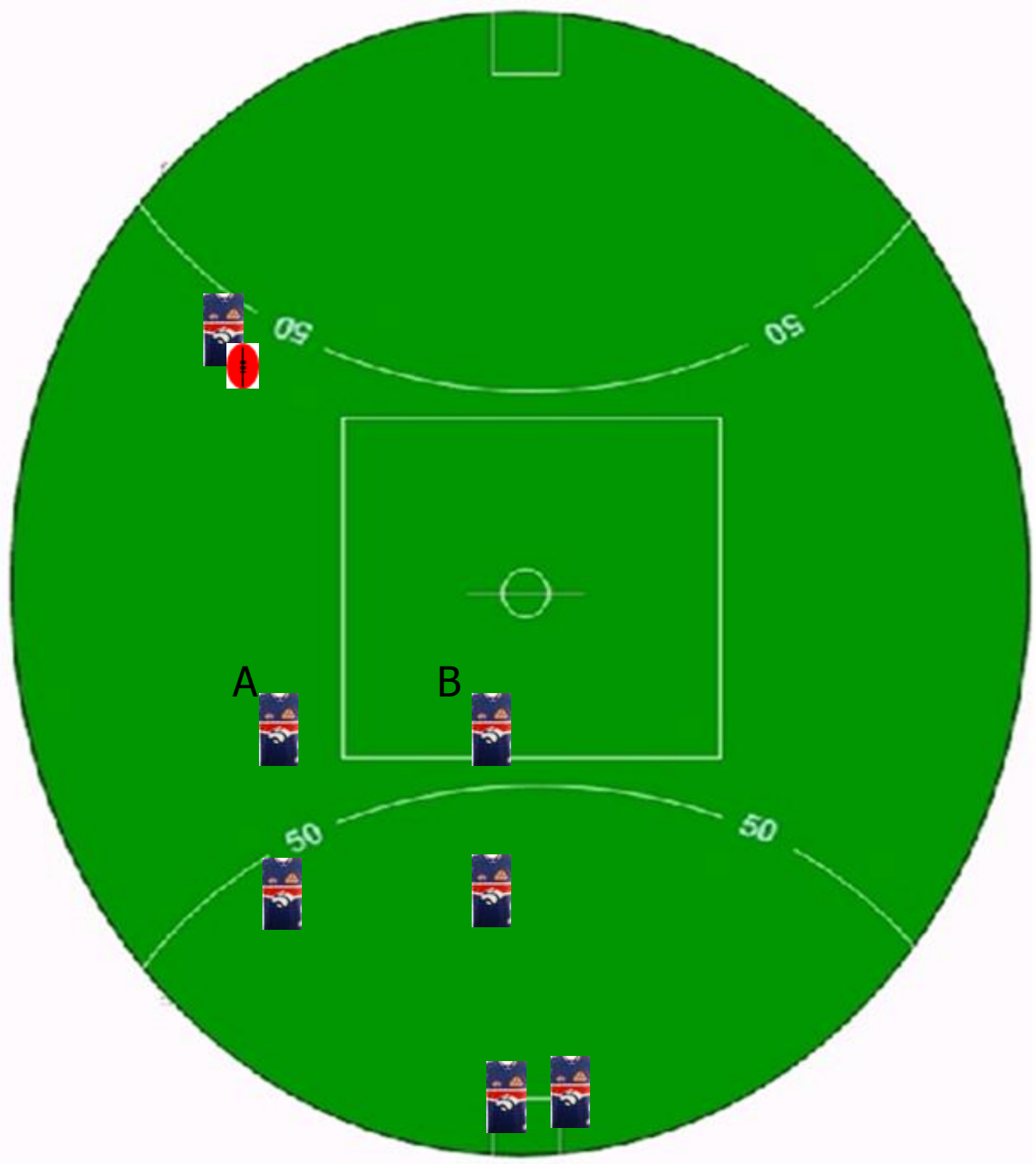


LEADING PATTERNS

■ Box

Set-Up

- Ball carrier will kick to leading pair B
- Pair A will stream into the corridor





SCREEN & ROLL





BLOCKEE
MAKE it happen

50

50



O

O





What if scenarios?

- 2 or 3 unanswered goals
- Man on man in centre and all over ground
- Slow game down – tempo footy
- Push players down one line
- Leaders display leadership – action/words
- Cover The Exits



What if scenarios?

- Kicking with the wind
 - Long and direct
 - Don't always bomb
 - Look to square the footy up around the 50m line
 - Use corridor and get numbers at feet
 - Don't over possess
 - No parking in corridor forward of 50m



What if scenarios?

- Kicking against the wind
 - Extra man in defence
 - Push numbers back then release
 - Must play in front
 - Set running bounces target
 - Maintain possession
 - Take action after 2 or 3 unanswered goals (see above)
 - Players must lead up to ball carrier
 - Use Half back flanker as a 5th on baller



General Team Play/Tactics

- Set indicators per game (KPI'S)
- 7 point plays X 3
- 110 team targets/ 5 per player
- Running goals through corridor (Set up designated players)
- 3rd man up in forward line – 2 players in the goal square
- Go to players at centre bounces
- Use designated player when coming out of the backline



General Team Play/Tactics

KPI's continued:

- 50 inside 50's
- 50 tackles
- 12, 15 man zone for opposition kick outs
- Run from behinds/handball receives (average 10 a quarter)
- Know our kick outs, eg. Spear kick
- Always wheel around across half forward when in possession of the footy (mark or free kick)
- Take Stats for Team or individual players (organise injured players or volunteers)

www.metrasports.com.au



- Use your iPad/iPhone to record your stats against your KPIs
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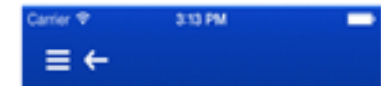
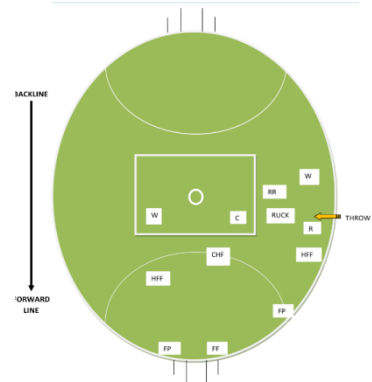


SPEED ENDURANCE

Activity	Km's
<ul style="list-style-type: none"> 5 minutes easy jog (three laps) 4 x 20m bum kicks 4 x 20m high knees 2 x 60m run through at 70% effort 	2
<ul style="list-style-type: none"> Pyramid Running 400m – 300m – 200m – 100m – 200m – 300m – 400m hard running – almost sprint speed (100m jog recovery between runs) 	5
<ul style="list-style-type: none"> Intervals 4 x 400m (3 minutes recovery between sprints) OR 2 x 400m and 2 x 200m (3 minutes recovery between sprints) OR 2 x 300m, 2 x 200m, 2 x 100m (3 minutes recovery between sprints) 	2 1.5 1.5
<ul style="list-style-type: none"> 1 lap warm down 4 x 25 sit ups/push ups compulsory Stretch 	



HALF FORWARD THROW IN



6 POINT FULL GROUND MOVEMENT



- Drills:**
- A drill for building control of following forwards, this is called 'find up'
 - Practices both one-on-one and one-on-two situations
 - Drills are completed within set time intervals (1-2)
 - Starts on the leading 1, this is 'lead up'
 - 7 Enterprises (moving, time to run and when ready to receive handball and support to a 4, when set)

- Modifications:**
- Variation can be played in between 100m to make it an around and inside defender setting in later process

Example of 10-2 Set-Up (Triangular Handball)

Triangle Handball

- Lockyer kicks ball out
- A (Winderlich) will handball to B (Hocking)
- B (Hocking) will then let C (Lovett-Murray) run to space and handball to him (spreads)
- C (Lovett-Murray) will receive ball and complete triangle

ANZAC Day 2009





Red time rule

- A number of games are influenced by the last 5 minutes of each quarter.
- It demands 5 minutes of intense concentration during the red time zones on a game.
- It demands all players are constantly talking/calling to their nearest teammates at all times. This talk must be non-stop for the final minutes.



Red time rule continued

- Start now
- Keep working
- Lift running
- Etc etc etc.

For those who are not natural talkers this may be difficult at first but with practice come confidence and with confidence comes results.



Attacking Options Out Of Defence

- Crucial to get back quickly 10 metres on an angle allowing opportunity to play on – be aware to look behind.
- Vision to look left and right to stop being caught out
- Options created for handball options by runners from behind or the side (handball to people on the move)
- Use a ruckman in short and across ground to open up switch of play options and another route to attack. This creates an option by opponents being drawn out to our receiver.
- All players should “go” to create options and space.



Areas of Responsibility

- Target for kick-outs and for short chips across the ground.
- Short switch into the middle of the ground and have players overlap
- Push hard to CHF and drag out ruckman
- Long, optional target
- Boundary set play

Some final advice....

**DON'T LET THE
SITUATION
DISCOMBOBULATE
YOU**

