

Academy Squad Preparations

1. Take the ball at speed

Control/Hold onto ball while running fast

2. Get to the ball first.

Read when/where ball will arrive & be in position to get ball before opponent.

3. Hold onto the ball in the tackle.

Expect to get hit.

4. Move the ball quickly.

Look to play ball immediately and/or support player with ball – no bounce, no solo.

5. Breaks.

Expect every ball to drop/spill - 90% in front. The break won't come to you!

6. Don't dive out.

Do not invite opponent to play ball over your head to your man.

7. Work Hard.

Run, tackle, harass, block, support. Nothing less will do!

8. Decisions.

Make decisions for the good of the team. Learn from last one.

9. Re-Starts

Must be organised for kick-outs, throw-ups, free-kicks and side-line balls.

Organised

– players knowing what will probably happen next.

1. Don't kick ball aimlessly out of defence

– Keep the ball or Kick the Ball.

2. Work ball to middle-third before kicking to full forward line.