

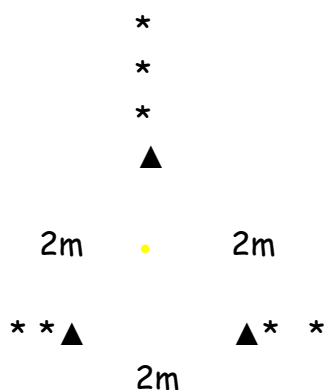
Teaching Decision Making

Drills and Games for player learning and retention

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East Perth Football Club
League Coach
Level 2 AFL Coaching Course

Triangle Pressure

- * Receivers
- Opponent



Purpose

To teach

- quick feed to best option under pressure in close
- drawing of opponent
- give and block
- instruction and direction
- backfeed handball

Rules

Minimum numbers per cone (4 max)

Ball to be handballed any direction around triangle

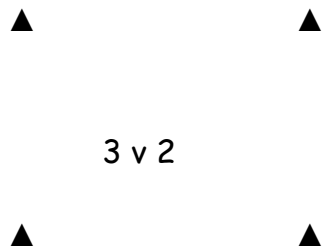
Constraints

1 opponent in middle to apply pressure to ball carrier and endeavour to intercept progress of ball

Extensions

- Full pressure-tackles
- Extend triangle distance
- Add extra opponent
- Set up sweeper at back of contest, on whistle feed to sweeper and kick to leading target
- Extend to kicking drill, two opponents in middle. Kick over 25/30m
- Receive flat footed, must have runner receive handball

Handball Grid



Purpose

To teach

- Running into vision
- Creating space
- Moving to space
- Selecting best option
- Speed of handball-loop or bullet
- Drawing of opponent
- Quick hands/release

Rules

3 players work ball by handball around area of square whilst under pressure by 2 opponents

Vary time 30sec-60sec each group in square

Full contact

Extensions

Add sweeper behind square to release ball to and kick to leading target on blow of whistle

Use bump bags instead of full contact

Increase/Decrease square size

Increase numbers in square- 5v3, 5v4

Handball Corridor

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Purpose

To teach

- running to vision of ball carrier
- identifying best option under pressure
- drawing of opponent
- speed of handball-loop or bullet
- instruction and direction
- give and block
- committing or herding

Rules

Ball is to travel from one group of three to next group of three, choosing the best option under pressure by two opponents protecting corridor.

Constraints

Full pressure-tackles, blocks

Vary distance of ball to travel from end to end. Changes drill to close and tight to carry and create.

Extensions

- Number of handballs required end to end
- 1 sweeper amongst three for backfeed
- **Extend to kicking drill over greater distance**
- 3 v 2 at each end
- 1 mark, 1 handball, 1 kick- vary, change number of possessions
- Switch of play

Handball Football

These types of games are endless. You are limited only by your imagination.

Purpose

To teach

- composure under pressure
- selecting best option
- accountability
- drawing opponent
- running into vision
- running to support, block or create
- quick hands
- your game plan and team rules

Rules

Handball only

Token pressure

Full game rules-tackles, blocks

No frees

Numbers determined by outcome intended

6 v 5- creates loose player, drawing opponent, set up sweeper

6 v 6-accountability, congestion, best option

Less numbers-higher work rate, more run and carry

More numbers-more congestion, decision making

Playing area will also determine congestion, pressure, and work rate of players

Extensions

- Start game from a stoppage, ball up
- Tag and release ball
- Full rules
- Time limit with ball to encourage quick movement
- Skill error-turnover opposition gain possession
- Bring ball in from one end up and back again. Once up and down, opposition bring in ball from opposite end, demands transition from defence to offence or vice versa.
- Different scoring zones/goals

Kicking Drills- The simple



© Coach rolls/gives ball to * who has back turned to 2 v 1 situation

* Upon receiving ball, turns to face options and kicks to best target presenting

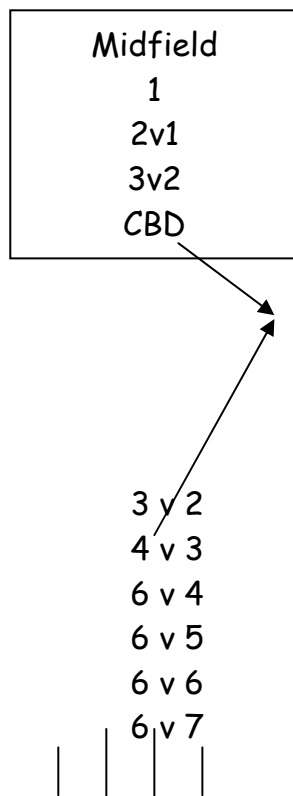
Extensions

- Add extra numbers eg; 3 v 2, 5 v 4, even numbers 4 v 4-start with simple to more complex decision making
- Add opponent running at kicker
- 2 v 1 either end- lane work with decision



Ball travels end to end with decision by kicker to give to best option presenting

Kicking Drills- The more challenging



Purpose

Aim to work ball inside 50 to marking target

Constraints

From CBD

From contest

From static kick

Vary the number of options inside 50 (even or uneven)

Loose player behind ball

Number of possessions moving ball forward/possessions inside 50

Extensions

Forward line rules/structures/set ups

CAN BE CREATED OVER ANY ZONE/AREA OF GROUND (FROM DEFENCE TO MIDFIELD) THIS TYPE OF SITUATION IS EASILY VARIABLE.

Game Situations

Last two minutes of game

- down by 5 points
- up by 5 points

Constraints

- Hold possession
- Cause Turnover
- Transition from point
- Wind
- Time of game

Set plays

- Kick ins
- Space inside 50
- Zone set up
- Clearances

Full Ground Ball Movement

- 11 v 11
- 15 v 13
- vary numbers, even or uneven
- number of possessions
- numbers in each zone

Practice, rehearse real game situations.

Question!

Challenge!

Create your own situations. Study the game, design your own drills.