SKILL DEVELOPMENT CURRICULUM



KICKING (Type of Krick) Preferred Foot Non-preferred Foot Drop Punt Torpedo Banana (Checkside) Drop Kick Quick Krick Off Ground Snap KICKING (Accuracy) Stationary Target To a Lead On the Run For Goal-set shot For Goal-set shot For Goal-snap shot HANDBALL (Type of Handball) Rocket Top Spin Flat Preferred Hand Non-preferred Hand Non-preferred Hand HANDBALL (Use) Quick Hands From and Centre From Ground HIK/KING (Accuracy) MARKING (Type of Mark/Technique) Overhead-Jumping-Preferred Leg Overhea	SKILL TYPE	Y3	Y4	Y5	Y6	Y7	Y8	Υ9	Y10	Y11	Y12	Seniors
Preferred Foot Drop Punt Torpedo Banana (Checkide) Drop Kick Quick Kick Off Ground Snap KICKING (Accuracy) Stationary Target To a Lead On the Run For Goal- sunhing shot For Goal- sunhing shot For Goal- sunhing shot For Goal- snap shot Preferred Hand Non-preferred Hand Non-preferred Hand Reverse- "back" to direction going Hit/Knock On Follow Up MARKING (Type of Mark/Technique) MARKING (Type of Mark/Technique) MARKING (Type of Mark/Technique) MARKING (Type of Mark/Diving In Front-Hand Mark Body Use/Positioning In Infront-Hand Mark Body Use/Positioning In Front-Hand Mark Body Use/Positioning In Front-Hand Mark Body Use/Positioning In Front-Hand Mark Body Use/Positioning In Infront-Hand Mark Body Use/Positioning In Infront-Hand Mark Body Use/Positioning In Front-Hand Mark Body Use/Positioning Ball going away Ball running across path BOUNCING BALL Touching on Ground Preferred Hand		13	17	13	10	17	10	13	110	111	112	Scillors
Non-preferred Foot												
Drop Punt												
Torpedo Banana (Checkside) Drop Kick Quick Kick Off Ground Snap KICKING (Accuracy) Stationary Target To a Lead On the Run For Goal- set shot For Goal- running shot For Goal- running shot For Goal- set s	·											
Banana (Checkside) Drop Kick Off Ground Snap KICKING (Accuracy) Stationary Target To a Lead On the Run For Goal- set shot For Goal- sang shot HANDBALL (Type of Handball) Rocket Top Spin Flat That HANDBALL (Use) Quick Hands Front and Centre From Ground Reverse-"back" to direction going HIt/Knock On Follow Up MARKING (Type of Mark/Technique) Overhead-Jumping-Preferred Leg Overhead-Jumping-Preferred Leg Overhead-Jumping-Properered Leg Overhead-Jumping-Properered Leg Overhead-Jumping-Preferred Leg Overhead-Jumping-Properered Leg Overhead-Jumping-Propered Leg Overhead-Jumping-Propered Leg Overhead-Jumping-Propered Leg Overhea	•											
Drop Kick	*											
Quick Kick												
Off Ground Image: Company of the company	•											
Snap	· · · · · · · · · · · · · · · · · · ·											
Stationary Target To a Lead On the Run For Goal - set shot For Goal - set shot For Goal - set shot For Goal - san shot HANDBALL (Type of Handball) Rocket Top Spin Flat Flat HANDBALL (Use) Quick Hands Front and Centre From Ground Reverse-"back" to direction going Hit/Knock On Follow Up MARKING (Type of Mark/Technique) Overhead-Standing Pack Mark- Overhead/Chest Overhead-Jumping-Preferred Leg Overhead-Jumping-Preferred Leg Chest Mark/Diving In Front-Hand Mark Body Use/Positioning Landing/Rolling Ball Approaching Ball going away Ball running across path BOUNCING BALL Top Carbon Follow Up POUNCING BALL Top Ching Up THE BALL Stationary Ball BOUNCING BALL Top Cincing Up Council C												
Stationary Target												
Stationary Target	KICKING (Accuracy)											
To a Lead On the Run For Goal- set shot For Goal- s												
For Goal- set shot For Goal- running shot For Goal- running shot For Goal- snap shot HANDBALL (Type of Handball) Rocket Top Spin Flat Flat Flat Flat Flat Flat Flat Flat												
For Goal- running shot For Goal- snap shot HANDBALL (Type of Handball) Rocket Top Spin Flat Preferred Hand Non-preferred Hand Non-preferred Hand Non-preferred Hand Non-preferred Hand HANDBALL (Use) Quick Hands Front and Centre From Ground Reverse-"back" to direction going Hit/Knock On Follow Up MARKING (Type of Mark/Technique) Overhead-Standing Pack Mark- Overhead/Chest Overhead-Jumping-Preferred Leg Overhead-Jumping-Preferred Leg Chest Mark/Diving In Front-Hand Mark Body Use/Positioning Landing/Rolling Picking Up THE BALL Stationary Ball Ball Approaching Ball going away Ball going away Ball going away Ball running across path BOUNCING BALL Touching on Ground Preferred Hand	On the Run											
For Goal- snap shot HANDBALL (Type of Handball) Rocket Top Spin Flat Preferred Hand Non-preferred Hand Non-preferred Hand HANDBALL (Use) Quick Hands Front and Centre From Ground Reverse-"back" to direction going Hit/Knock On Follow Up MARKING (Type of Mark/Technique) Overhead-Standing Pack Mark- Overhead/Chest Overhead-Jumping-Preferred Leg Overhead-Jumping-Non-preferred Leg Overhead-Jumping-Non-preferred Leg Pin Front-Hand Mark Body Use/Positioning Landing/Rolling PICKING UP THE BALL Stationary Ball Ball Approaching Ball going sway Ball going away Ball going away Ball pouncing on Ground Preferred Hand BOUNCING BALL Touching on Ground Preferred Hand	For Goal- set shot											
HANDBALL (Type of Handball) Rocket Top Spin Flat Preferred Hand Non-preferred Hand HANDBALL (Use) Quick Hands Front and Centre From Ground Reverse-"back" to direction going Hit/Knock On Follow Up MARKING (Type of Mark/Technique) Overhead-Standing Pack Mark- Overhead/Chest Overhead-Jumping-Non-preferred Leg Overhead-Jumping-Non-preferred Leg Chest Mark/Diving In Front-Hand Mark Body Use/Positioning Landing/Rolling PICKING UP THE BALL Stationary Ball Ball Approaching Ball going away Ball going away Ball going away Ball going away Ball going across path BOUNCING BALL Touching on Ground Preferred Hand	For Goal- running shot											
Rocket <td>For Goal- snap shot</td> <td></td>	For Goal- snap shot											
Rocket <td></td>												
Top Spin Flat Preferred Hand Non-preferred Log North and Centre From Ground Reverse-"back" to direction going Hit/Knock On Follow Up NARKING (Type of Mark/Technique) Overhead-Standing Pack Mark- Overhead/Chest Overhead- Jumping-Preferred Leg Overhead- Jumping-Non-preferred Leg Overhead- Jumping-Non-preferred Leg Notehead- J												
Flat Preferred Hand Non-preferred Hand Non-preferred Hand HANDBALL (Use) Quick Hands Front and Centre From Ground Reverse-"back" to direction going Hit/Knock On Follow Up MARKING (Type of Mark/Technique) Overhead-Standing Pack Mark- Overhead/Chest Overhead- Jumping-Preferred Leg Overhead- Jumping-Preferred Leg Chest Mark/Diving In Front-Hand Mark Body Use/Positioning Landing/Rolling PICKING UP THE BALL Stationary Ball Ball Approaching Ball Approaching Ball Approaching Ball going away Ball running across path Frederred Hand Preferred Hand Preferred Hand	Rocket											
Preferred Hand Non-preferred Leg Norehead-Standing Non-preferred Leg Noverhead-Jumping-Preferred Leg Noverhead-Jumping-Non-preferred Leg Noverhead-Jumping-Non-preferred Leg Norehead-Jumping-Non-preferred Leg Norehead-Jump	Top Spin											
Non-preferred Hand	Flat											
HANDBALL (Use) Quick Hands	Preferred Hand											
Quick Hands <td< td=""><td>Non-preferred Hand</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>	Non-preferred Hand											
Quick Hands <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>												
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From Ground <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>												
Reverse-"back" to direction going												
Hit/Knock On Follow Up Fol												
Follow Up												
MARKING (Type of Mark/Technique) Overhead-Standing Pack Mark- Overhead/Chest Overhead- Jumping-Preferred Leg Overhead- Jumping-Non-preferred Leg Chest Mark/Diving In Front-Hand Mark Body Use/Positioning Landing/Rolling DICKING UP THE BALL Stationary Ball Ball Approaching Ball going away Ball running across path BOUNCING BALL Touching on Ground Preferred Hand												
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Overhead-Standing Image: Control of the c	AAADKING (Tuus of Aasul (Toologisus)											
Pack Mark- Overhead/Chest <td></td>												
Overhead- Jumping-Preferred Leg Overhead- Jumping-Non-preferred Leg Chest Mark/Diving In Front-Hand Mark Body Use/Positioning Landing/Rolling												
Overhead- Jumping-Non-preferred Leg												
Chest Mark/Diving In Front-Hand Mark In Front-H												
In Front-Hand Mark												
Body Use/Positioning												
Landing/Rolling PICKING UP THE BALL Stationary Ball Ball Approaching Ball going away Ball running across path BOUNCING BALL Touching on Ground Preferred Hand												
PICKING UP THE BALL Stationary Ball Ball Approaching Ball going away Ball running across path BOUNCING BALL Touching on Ground Preferred Hand												
Stationary Ball												
Stationary Ball	PICKING UP THE BALL											
Ball Approaching Ball going away Ball running across path BOUNCING BALL Touching on Ground Preferred Hand Ball Approaching Ba												
Ball going away Ball running across path BOUNCING BALL Touching on Ground Preferred Hand	·											
Ball running across path BOUNCING BALL Touching on Ground Preferred Hand BOUNCING BALL Touching on Ground Preferred Hand												
BOUNCING BALL Touching on Ground Preferred Hand												
Touching on Ground Preferred Hand Solution State of the	<u> </u>											
Touching on Ground	BOUNCING BALL											
Preferred Hand												
	Non Preferred Hand											

TAP OUT Preferred Non Preferred	SKILL TYPE	Y3	Y4	Y5	Y6	Y7	Y8	Y9	Y10	Y11	Y12	Seniors
Non Preferred												
PLAY ON Selecting When Use of Peripheral Vision-Scanning Area to Lead Gaining an advantage CRUMBING Use of Crumbing Line (Front and Centre) In groups CHANGING DIRECTION Baulk/Side Step/Dummy Spin Fending Blind Turn RUNNING TO: Technique Receive Back Up Man Up (Accountability) Cover Lower Spin Smarth (Front and Centre) Man Up (Accountability) TACKLING (*depends on local rules) *Side Rear Front-Faling Front-Drive SPOILING Preferred Side Non Preferred side Rear Side Rear Side Side Front ShEPHERDING Arm Use ON THE MARK *(depending on local rules) Standing the mark												
Selecting When	Non Preferred											
Selecting When												
LEADING												
CALLED NOT												
Timing	Use of Peripheral Vision-Scanning											
Timing	LEADING											
Area to Lead												
Gaining an advantage CRUMBING Use of Crumbing Line (Front and Centre) In groups CHANGINE DIRECTION Baulk/Side Step/Dummy Spin Fending Blind Turn Blind Turn CRUNNING TO: Technique Receive Back Up Back												
CRUMBING												
Lise of Crumbing Line (Front and Centre)	Gaining an advantage											
Lise of Crumbing Line (Front and Centre)	CRUMBING											
In groups												
CHANGING DIRECTION Baulk/Side Step/Dummy Spin Fending Blind Turn Blind												
Baulk/Side Step/Dummy												
Baulk/Side Step/Dummy	CHANGING DIRECTION											
Fending	Baulk/Side Step/Dummy											
Blind Turn	Spin											
RUNNING TO: Technique Receive Back Up Man Up (Accountability) Dummy Lead-Creating Space Running into space Running into Vision TACKLING (*depends on local rules) *Side Rear Front-Falling Front-Drive SPOILING Preferred Side Non Preferred Side Rear Side Rear Side Rear Side SMOTHERING SHEPHERDING Front SHEPHERDING FRONT-BILL SHEPHERDING FRONT-B												
Technique	Blind Turn											
Technique												
Receive Back Up Image: Cover of the control of the con												
Back Up Man Up (Accountability)												
Man Up (Accountability) Cover Dummy Lead-Creating Space Running into Space Running into Vision Running into V												
Cover Image: Cover of the cove												
Dummy Lead-Creating Space 8 8 8 8 9 <td></td>												
Running into space Running into Vision Running into Vision Rear Front-Falling Front-Drive Preferred Side Non Preferred side Rear Rear Side Rear Side Rear Side Shepter Side Rear Side Rear Show Show Show Show Show Show Show Show												
Running into Vision												
TACKLING (*depends on local rules) **Side												
*Side Rear Front-Falling Front-Drive SPOILING Preferred Side Non Preferred side Rear Side Side Side Side Side Side Side Side	Ruming into vision											
*Side Rear Front-Falling Front-Drive SPOILING Preferred Side Non Preferred side Rear Side Side Side Side Side Side Side Side	TACKLING (*depends on local rules)											
Rear	· · · · · · · · · · · · · · · · · · ·											
Front-Drive Image: Control of the control												
Front-Drive Image: Control of the control	Front-Falling											
Preferred Side												
Preferred Side												
Non Preferred side 8 9												
Rear Side Side <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>												
Side												
SMOTHERING Side												
Side	Side											
Side	CMOTHERING											
Front												
SHEPHERDING Image: Control of the control												
Arm Use Standing the mark Standing on local rules Standing the mark Standing the Mar	FIUIL											
Arm Use Standing the mark Standing on local rules Standing the mark Standing the Mar	SHEPHERDING											
ON THE MARK *(depending on local rules) Standing the mark												
Standing the mark	7 030											
Standing the mark	ON THE MARK *(depending on local rules)											
	*Holding Up an Opponent											

Skill Type	Y3	Y4	Y5	Y6	Y7	Y8	Υ9	Y10	Y11	Y12	Senior
BUMPING											
Technique											
One on One Tussle											
CHASING											
When to											
ROLLING											
Forward Shoulder Roll											
Forward Recover											
Backward											
LANDING											
Two feet											
One foot											
Various Positions and Forces											
RUCKWORK											
Craft											
RECOVERY											
2 ND 3 RD Effort											
Maintaining Ground											
Keeping Feet											



TACTICAL DEVELOPMENT CURRICULUM

TACTIC TYPE	Y3	Y4	Y5	Y6	Y7	Y8	Y9	Y10	Y11	Y12	Seniors
DEFENCE PLAY											
Back-line Play											
Restricting Space											
"zoning"											
attacking											
FORWARD PLAY											
Forward-line play											
Creating space											
Leading											
Defending											
Sets Ups											
MIDFIELD											
Creating Defending											
Reading the play											
POSITIONAL PLAY (*rotate around as many	7000C 1	oc noce	iblo in	oarly	(oars)						
Zone Specific	ZUHES	as pus:	sible III	earry	years)						
Line Specific											
Position Specific											
TEAMWORK											
Sharing the ball											
Protecting teammate											
Constructive talk											
Cover											
SET PLAYS											
Centre Square Set Ups											
Boundary Throw Ins											
Field Ball Ups											
Opposition Kick Outs											
Own Kick Outs											
Rotations											
Transitional Play-		İ									
Switch											
Running from Back Half		İ									
Running to Defend											
Running to Link Up											
GAME STYLE / PATTERN											
·											



MISCELLANEOUS DEVELOPMENT CURRICULUM

TOPIC	Y3	Y4	Y5	Y6	Y7	Y8	Υ9	Y10	Y11	Y12	Seniors
CONDITIONING											
Aerobic-											
Natural											
Programmed											
Muscular-											
Natural											
Programmed											
Anaerobic-											
Natural											
Programmed											
Speed / Agility-											
Natural											
Programmed											
Balance / Proprioception											
Flexibility											
NUTRITION											
RECOVERY / BODY MANAGEMENT		1	ſ		ſ		ſ				
Monitoring / Diary											
Techniques											
EVALUATION											
Program											
Players / Officials											
Self (Coach)											
Player Profiling											
WELFARE											
WELFARE											
PLANNING											
FLAMMING											
CLUB COACHING STRUCTURE											
CLOB COACHING STROCTORE											
SOCIAL SKILLING											
SOURE SKILLING											
REHABILITATION PROGRAMS											
NEIGOTE I NOTATION											
INJURY MANAGEMENT											
RISK MANAGEMENT											