

SMJFL UNDER 13S – KEY RULES and INSTRUCTIONS

CULTURE:

*Commitment Attitude **RESPECT** Effort*

LISTEN – LEARN – ACT:

Eyes Up when Coach Addressing group

BUILDING A TEAM ENVIRONMENT

- Must bring **VOICE** and ENTHUSIASM to every session.
 - *Show us you want to be part of it*
- GET AROUND EACH OTHER
 - *Every-time we come into a huddle or after a drill*
- Congratulate your MATE
- Try to meet 1-3 new players EVERY Session

HOW TO BE A SMART FOOTBALLER

AWARE ANTICIPATE ACT

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TRAINING RULES

- Move the ball QUICK by hand or foot
 - *That is our game style*
- HANDBALL then SHEPPARD (Must happen every time)
- If the ball hits the ground you MUST pick up and HANDBALL Back
 - *Player behind must be switched on and call to receive*
- TEAM FIRST: **Trust the VOICE**
- Back of Centre: Bring Inside / Look for short lead up options
- Forward of Centre: LOOK and KICK LONG to lead up options or Hot Spot