

Field Umpires Coaching Wednesday May 31 Round 8 Review

AFL South East
Casey Fields, Cranbourne East VIC 3977



Tonight

- Ruck Contests
- Red/yellow card distinction.
- Training effort and intensity.
- Kings Birthday weekend

Ruck Contests

Spirit of the Law: The player whose sole objective is to contest the ball shall be permitted to do so.

Ruck Contests

In the rule book there are 6 free kicks that can be paid for ruck infringements. What are they?

Ruck Contests

- 1. Non designated ruckman contests the ruck.
- 2. Pushes or bumps an opposition ruckman
- 3. Blocks an opposition ruckman
- 4. Makes contact with an opposition ruck prior to the ball leaving the umpires hand.
- 5. Ruck steps outside of the centre circle or crosses over into their attacking half (ie, line over centre circle).
- 6. Hits the ball out of bounds on the full from a throw up or boundary throw in.

COACHING #13 RUCK 2023

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COACHING #13 Red/Yellow 2023

A quick direction on the allocation of Yellow and Red Cards.

Yellow Card

player cannot be replaced and is off the field for 15 minutes

he/she may return after this time

to be used for a regular reportable offence: eg, tripping by foot, striking, dangerous tackle, abusive language.

Two examples of yellow cards correctly used as follows;

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https://www.loom.com/share/058bf30744944fadb7db21bd710a3fab



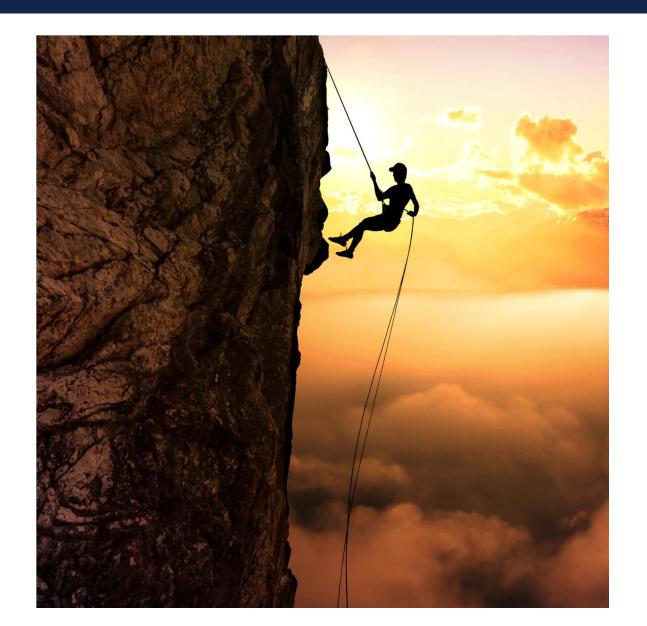
Welcome back to Senior footy

Joe Lillburne

Devon Meadows v Seaford

Alex Malligan

Pearcedale v Hastings



Congratulations

First AFLSE Reserves match

Josh Rochford

Tyabb v Edi-Aspendale



Congratulations

First AFLSE Division 1 match

Kieren Lazarus

Red Hill v Langwarrin

King's Birthday weekend – Sat 10/Sun 11

Training effort/intensity

Game Plan

- Protect the ball player
- Work for the team
- Do the one percenters;
- Take control when needed
- Blend into the game
- Have Fun

WEEKLY PLAN

Next Week

Monday 5 June. No Training Coaching Reviews / Self reviews

Wednesday 7 June

SUA Bowling Night

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