

HBE U11 Girls, vs St Ives Saints

Grateful for the synthetic turf for today's game keeping our toes nice and dry. From the start of the day the girls were keen to play – a warm up drill that they invented themselves working on passing and calling for the ball. Great to see the enthusiasm. Captain Josie then led the warm up stretches and drills.

As a coach, my aim of the game is for the girls to play hard, play fair and to improve in yourself. Today the girls didn't disappoint.

Play Hard

Over all 4 quarters the girls played hard to win the ball. Some great tackles were made as our defending stepped up yet again. We took some great marks, and worked together well to move the ball down the field. Voices were heard as names were called who wanted to receive the ball. Our girls were keen to be in on the action. When St Ives had the ball, our girls looked to mark up and lock down the play, constantly on their toes.

Play Fair

St Ives were keen to have some HBE players join their team, which meant that all the girls enjoyed a decent run around on the field. When HBE swapped their guernsey to play for St Ives, our girls still played hard to win the ball and help their team in that moment. Our girls did enjoy playing against their friends and teammates for part of the game. A favourite moment in the last quarter was watching the battle between J Limbrey and M Limbrey – a tough contest which both secretly enjoyed.

Improve In Yourself

The girls are constantly improving both individually and as a team. Even after having a break for over a week with washed out training and a bye last week, the girls still grew in their confidence, their ball handling and their team play.

Tia, Elise and Char have grown in confidence, chasing the ball down and getting involved in the contest.

Charlotte G, Josie and Eliza read the play well and their positioning, particularly as a forward or a back was on point, helping the ball continue to move towards our goals. Making space for the ball is a great skill to have in AFL to create opportunity.

Ari and Emily had their voices heard, making leads to receive the ball, working to spread out from their defenders.

Maeve and Charlotte D were constantly running to the ball up and down the field following the play and not afraid to jump into the contest.

Maia, Juliet and Olivia were strong in the ruck. Not only jumping to the sky to win many of the taps, but also running down the opposition when they grabbed the ball. Persistence is the key.

Another big shout out to our Under 9s who played with the Under 11s. Maddie, Millie and Myah were right in the action, making passes, going in for tackles.

Can't wait to see how the girls continue to improve next week.