



# Dragon Tales

#2 2018

**Family - Community - Safety**

## From the committee

Round 2, sees the 2018 football season well underway, like we never stopped during the off season. We had a small contingent of games at home this week with the majority of games played away.

The committee had the opportunity to view the home games this week and were surprised at the level of talent this early in the season.

This shows that the kids have been training well and are enjoying game day.

I would like to thank the volunteers who assisted over the weekend and also take this opportunity to remind everyone that this club, like many others, run with the assistance of many family and friends. Without these people the club would not survive.

We have a big and exciting week next week and look forward and wish all the teams well in Round 3.

Go Dragons!!

## Round 3 Duty Roster

### CANTEEN DAY DUTY: U12 Red

Set Up 7am: 2 people from each team

U6 Red

U8 Red

U11 Red

U12 Red

Pack up – each team

U6 White

U9 White

U11 White

U15 Red

VALLEY DRAGONS JRL

## Upcoming Events

### Mother's Day Round

This Sunday sees games being played on Mother's Day.

The Committee would like to thank all of our Valley Dragons Mother's and wish you all a very relaxing day (after footy anyway).

We encourage all of the kids to make this day special by doing the simple things like saying please, thank you and cleaning your rooms. Sometimes it is the small things that matter most.

Please take the time to do something special with your mum or that someone special.



## #Respect On and off the field

Last week, the club spoke about respect of referees, players, coaches, and team officials as we as the general public on and off the field.

This week we encourage coaches to discuss behaviour expectations at training, including the NRL Code of Conduct, Club behaviour expectations and building resilience.

The Club has a Zero tolerance on poor behaviour and encourages everyone participate in good spirit, be proud and represent you club with pride.

## Game Day Jerseys

### General reminder for all teams:

- Please ensure that all game day team jerseys are only worn at the time of the game.
- Jerseys should be all collected at the end of each game and washed by one volunteer.
- Jerseys should be washed together and separate to any other garments to avoid damage.



# 150 Games

## Jacob “Snake” Leahey

Jacob started his football career as ball boy/mascot for his brothers Valley Dragons side when he was 3 years old. He would go to training twice a week and loved joining in and being around the big boys. Game days he used to grab his “playing” kit and strap on his boots to run the team out each week.

Before the clubs Puffers program was created, he had to wait another 2 long years before he was ready to sign up and play in his own side. He signed up with a number of boys from his local pre-school, a number of which are still together now in under 15's.

From a very young age he was always very competitive and hated losing at anything let alone his football. At the team's first Valley Dragon's mini and mod carnival, Danny Roper came to see the boys and told the boys that if they won their next game they would be through to the finals. The result didn't go the team's way and Snake was so angry he wouldn't talk to anyone for about 4 hours after we got home and he still has that competitive streak today!

He has had many highlights during his 150 games on the field. Including being involved in every grand final since under 10's, taking out many carnivals in Canberra and surrounds and taking out the 2016 and 2018 Grand Finals. At the inception of the club's Puffers program Snake would be at the ground of a Saturday helping the little kids and the coaches any way he could.

He has made great friends both within his team and with players in other sides in the club and in other clubs. The Club would like to thank Jacob for his contribution over many years and congratulate him on reaching his 150 game milestone.

We asked Jacob some questions this week to get to know him better.

*What year did you start playing with the dragons? 2009 but I was ball boy for my brother's team from 2006-2010.*

*What is your favourite Dragon's memory? 2007 Grand Final Win*

*Who is your favourite NRL team? Dragons*

*Who is your favourite player and why? Damien Cook – he is a good player and always plays hard.*

*What do you love most about being a Valley Dragon? Playing in my team. We have been playing together for a long time and I have some great friends in my team and other teams in the club.*

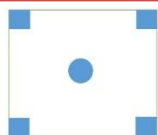


# FUN TRAINING DRILL



## PROTECT THE TREASURE

Recommended size: 20m x 20m



### OBJECTIVES

Split the players up into 4/5 teams depending on the size of the group and numbers available. You can either have four groups around the edge and one in the middle as guards or you can have three around the edge and have one group as the guards.

Place one group in each of the corner areas and, in the circle in the middle, place as many footballs, rugby balls, bibs, cones, etc. as you can. Each item can have a different points value depending on how awkward it will be to pick up at speed (e.g. 1 point for a cone, 3 for a ball, 5 for a bib).

This is the 'treasure' that the players outside of the circle are attempting to 'steal' from the guards and bring back to their group. The guards in the circle have to try to stop their 'treasure' from being captured.

Allow one player from each group to attempt to collect one or more items from the middle. They will need to escape from the guards after collecting their 'treasure'. If a guard touches someone whilst they are trying to escape with their item(s), they must go back to their corner without any treasure. You can create a league table to record the points scored by each team and, of course, rotate the guard duty!

### TEACHING POINTS

Attackers should run at pace and not stop as this loses momentum, work on quick footwork when approaching the defenders.

Defenders should stay as a solid unit, working together to restrict the spaces in and around the area, talking is a huge part of this exercise for all the students to be able to organise themselves and their team mates around them.

Progression: allow more than one player at a time from each group to get the treasure.

Another progression with a high ability group is to introduce passing into this drill at differing stages.

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