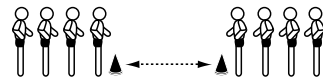


FOR THIS SESSION YOU WILL NEED:

90 Mins	20	12	4	20	1

WARM-UP

15 Mins	4	4	20	1	20



Setup for this age group is generally in lanework formation

PARTNER ACTIVITY:

Conduct various stretches. Hold stretches for 10 to 30 seconds. Hold position comfortably. Do not strain. Encourage children to stretch each week on their own.

SQUARE CHASE:

Divided children into four groups. Each group starts at a corner. On signal, all groups run clockwise to the next corner and avoid being tagged from behind. Have players bounce or carry a football while running.

SKILL ACTIVITIES

35 Mins	5	12	4	20	2	1

LINE ACTIVITY: Leader Coaches to demonstrate & assist.

1. Position half the group at one cone (a) and the other half at a second cone (b) 20-30 metres apart. Team A kicks and Team B leads, marks runs on and handballs back to Team A. Players follow direction of ball.

3. Increase distance between teams again and incorporate a short kick to middle child, followed by a handball back to the first child who then delivers ball to lead from Team B. Repeat activity for Team B.

2. Continue the same activity but this time place a player in the middle of the two groups to act as passive resistance. Use opposite foot.

SKILL GAME:

BANANA KICK: In four groups, two positioned 10 metres from either point post, the other two in the middle of the goal posts. The aim of the game is for teams at goal posts to kick goals using banana kick. Every goal scores two points. Time limit applies. Ensure all players get a turn. One team kicks the ball, the other retrieves and returns it to kicking position (use a ball each for kickers). At end of time, teams swap sides.

TIP: Drop Punt: "Fingers spread evenly along sides of ball with thumbs extending to the lace. Guide ball down and kick at bottom point. Ball should spin backwards."

Banana Kick: "Ball held like reverse torpedo with right hand forward for right foot kick, opposite for left. Guide ball down across the boot Contact on right side of ball, causing a curve spin on the ball."

GAME TIME

40 Mins	20	4	5	20

GAME PREPARATION: In order to correctly interpret the breaking of rules, an umpire must be able to see the play from side-on.

ACTIVITY: RUNNING RELAY: In groups of five first child runs to five metre mark, touches line and returns. Repeat at 10 and 15 metre marks. Have children sprint forwards, backwards, side on and forward then changing to backwards mid-step.

MARKING: In threes, two children contest mark, the other is the umpire. Coach kicks ball to pair who contest mark. The umpire runs from a side on position to signal whether a mark has been taken or calls 'play on'.

FIFTEEN-A-SIDE RULES: Refer to AFL Auskick rules on page 64.

FIVE MINUTE COOL DOWN: Opportunity for children to lower their heart rate through stretching activities. A time for a coach to review training session or prepare children for next game or training session.

WHAT THE SYMBOLS MEAN...

	Estimated time of session		No. of footballs required		No. of cones required		No. of coaches/parents required		Ideal No. of children participating		No. of round balls required		No. of whistles required
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