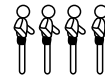


## FOR THIS SESSION YOU WILL NEED:

|         |    |    |   |    |   |
|---------|----|----|---|----|---|
|         |    |    |   |    |   |
| 90 Mins | 20 | 12 | 4 | 20 | 1 |

## WARM-UP

|         |   |   |    |   |
|---------|---|---|----|---|
|         |   |   |    |   |
| 15 Mins | 4 | 4 | 20 | 1 |



Setup for this age group is generally in lanework formation

### PARTNER ACTIVITIES:

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.

### HOPPO BOPPO:

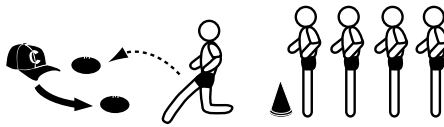
Each pair must hop on one leg and attempt to bump each other off balance. Arms must be tucked in to side when bumping. Winner is the best of five. Emphasise safety.

## SKILL ACTIVITIES

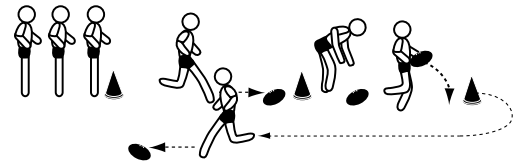
|         |   |    |   |    |   |
|---------|---|----|---|----|---|
|         |   |    |   |    |   |
| 35 Mins | 4 | 12 | 4 | 20 | 1 |

### LINE ACTIVITY: Divide into three groups. Leader Coaches to demonstrate & assist.

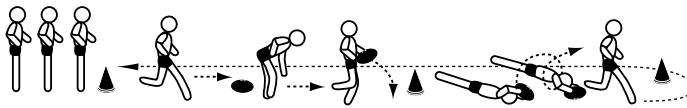
- 1.** Coach passes ball in a variety of ways to the children (on the ground, in the air). First child runs from cone watching oncoming ball, traps it and handballs back to coach.



- 3.** Child starts with ball, dribbles football out to first cone, picks up ball with two hands and runs and bounces ball around final cone. Returns to first marker and dribbles ball back to next in line. Repeat.



- 2.** Child runs to stationary football, picks up one handed, bounces, then places ball at next cone, performs commando roll, jumps to feet and continues around last cone. Child then picks up ball and returns it to first cone and returns to line. Next in line repeats.



### SKILL GAME:

**CONTESTED PICK UP:** Pair A rolls the ball to Pair B who move to the ball and contest the pick up. Use of side bump and body encouraged. Pair B then roll the ball to Pair C. Rotate.

**RELAYS:** One player runs out bounces a football and then top spin handballs down onto the ground so that the ball rolls to oncoming second child. This child then picks up the ball and repeats.

**BALL MOVING AWAY:** First child top spin handballs onto the ground in front of themselves, then picks the ball up again and hand balls to oncoming second child who repeats.



**TIP: Picking Up:** "Eyes on ball at all times. Body is in line with ball in a semi crouched position. Arms and hands are extended with fingers almost touching ground, palms toward the ball. Ball is picked up cleanly in one or two hands, elbows close together."

## GAME TIME

|         |   |   |   |    |
|---------|---|---|---|----|
|         |   |   |   |    |
| 40 Mins | 4 | 4 | 5 | 20 |

**GAME PREPARATION:** Workout a list of goals for the team to achieve in the game. Set two achievable goals for team and two individual player goals.

**ACTIVITY:** Team to construct a pyramid to improve communication skills, leadership and team work. For safety purposes, split the group into three.

**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 |
|--|---------------------------|--|---------------------------|--|-----------------------|--|---------------------------------|--|-------------------------------------|--|-----------------------------|--|--------------------------|