

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 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.

DODGE & STEAL:

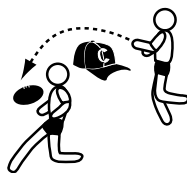
In an area the size of a basketball court, a number of balls are placed behind each base line. Players are in two teams, one in each half court. They try to cross to their opponent's baseline, take a ball and return to their own half without being tagged.

SKILL ACTIVITIES

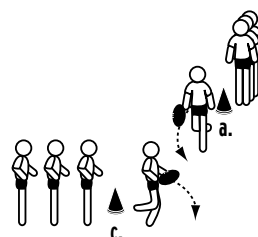
35 Mins	20	12	4	20	1

LINE ACTIVITY: Leader Coaches to demonstrate & assist.

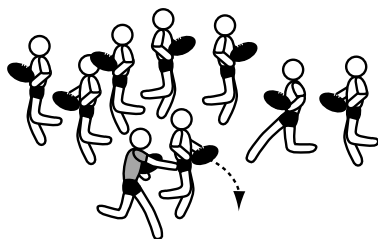
1. In pairs, first child runs out bouncing the football then gives handball to second child. Coach tries to intercept ball, Partners work to keep off coach. Run around cone and return. Handball to next pair. Repeat.



3. Set four markers in diamond formation. Four players per marker. First child in team A runs across field bounces twice and handballs to player from Team B. Team B child repeats activity. Repeat. Teams C and D do exactly the same. Two balls are used and teams cross in centre.



2. Group of 10 children, all with footballs in a confined space. Each player bounces ball while chasing other players and trying to tag them with ball.



SKILL GAME:

CIRCLE WORK: In threes, about 20 metres apart, children flick two footballs between them.

TIP: "On wet weather days children should touch the ball on the ground using both hands. Always aim to deliver ball to running player out in front at a distance equal to their speed."

GAME TIME

40 Mins	20	4	5	20

POSITIONAL PLAY: All players should be exposed to playing in all positions. Divide children into two groups, Team A in goal square, Team B 30 metres from goal. Team B waits for first Team A child to lead within a 90 degree arc from the square called the 'Hot Spot'. Team B child delivers kick and follows ball to back up and create an option for forward. Forward takes shot at goal. Repeat.

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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