





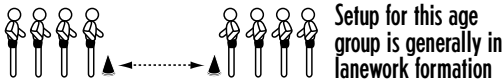


FOR THIS SESSION YOU WILL NEED:

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

WARM-UP

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




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.

QUICK HANDS:

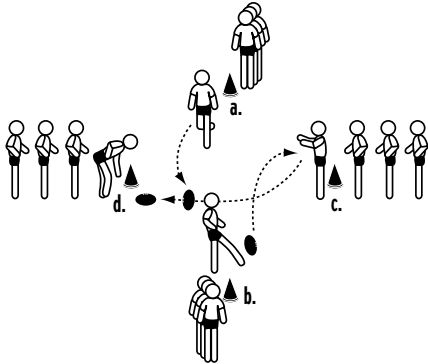
In groups of three, form a triangle. Using two footballs, player A catches and handballs the balls in succession back to players B and C. Start off slowly then quicken rate. Use left and right hands. Change receiver every three minutes count how many handballs before a fumble.

SKILL ACTIVITIES

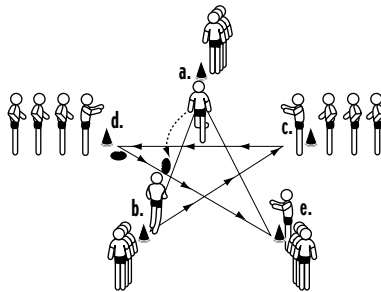
|   |   |   |   |   |   |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| 35 Mins   | 20  | 12  | 4   | 20  | 1   |

**LINE ACTIVITY:** Divide into two groups. Leader Coaches to demonstrate & assist.

1. Form a 20 metre square with four children at each cone. Player A bounces the ball to player B. Player B kicks to player C. Player C marks and rolls ball along the ground to Player D, who gathers and handballs to player A. Repeat. Have children change positions regularly.

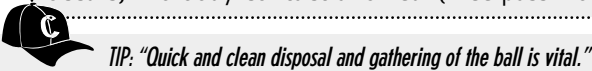


2. Groups of three to four children at each marker. Player A handballs to player B and runs on to B. Player B handballs to player C and runs on. Player C handballs to player D and runs, Player D handballs to player E and runs on. Player E handballs to player A and runs on. Repeat.



SKILL GAME:

**MAT BALL:** Two teams of 10 children. One player from each team acts as goalie, standing on mat or inside four cones. Players line up with three backs, three centres and three forwards. Start game with a ball up. Aim of the game is for the teams to score goals by handballing the ball to their goalie. Rules: No player other than the goalie may step on to the mat. (Free shot for goal from penalty spot.) No player may run with the ball or hold it longer than 3 seconds (Free pass from where offence occurs). No body contact allowed. (Free pass from where offence occurred or free shot for goal from penalty spot.)



GAME TIME

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

**CHECKING SKILLS:** These activities should be taught in stationary position then build up to jog. Tackling from behind: Tackler approaches from behind, head should be placed side-on in middle of opponent's back. Grab player with ball around arms above elbows and simply drops to his knees. Tackling from front: Tackler approaches with arms at chest level, head tucked to one side, chin on chest. Pin opponent's arms, drop weight and spin or turn off balance. Tackler's shoulders and arms make first contact to opponent's arms and chest. Head tucks into opponent's back.

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