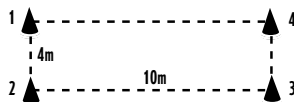


## FOR THIS SESSION YOU WILL NEED:

60 Mins	10	16	4	20	4	1

## WARM-UP

15 Mins	4	4	20	1	10



Use cones to setup this playing field with parents at cones ready to assist.

### PARTNER ACTIVITIES:

In pairs, children must pass a football to each other in six different ways.

### WHISTLE DRILL:

Children walk inside the playing area. When the whistle blows all children must stop, look and listen. Call out different walks eg: backwards, sideways, hopping, jumping. Repeat.

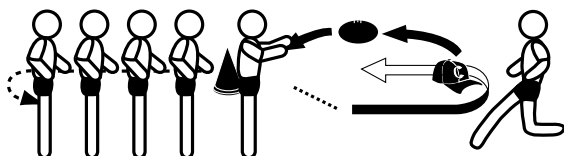
## SKILL ACTIVITIES

25 Mins	2	12	4	20	1	3

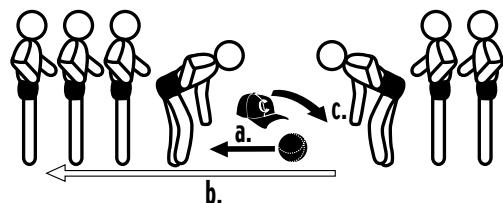
### CIRCUIT GAME:

Use cones as separate activity stations. Divide children into four groups and spend five minutes at each station. Rotate through all activities.

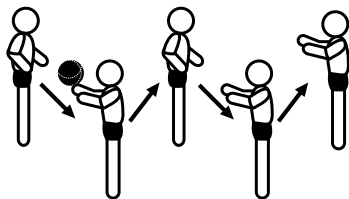
- Coach lobs a football to first child in line who catches on their chest and returns ball. Child then runs around the coach and to the end of the line. Repeat with children catching in their hands. Continue until all players have a turn.



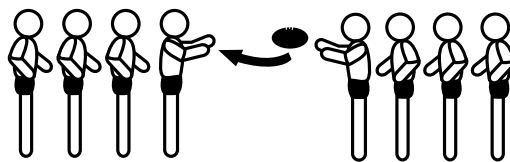
- Divide group in half with coach standing between the two groups of children (a). First child in line rolls round ball through coach's legs to child in other line. First child follows ball (b) and runs to the end of the other line. Coach changes with first child (c).



- Children form a staggered line. A round ball is passed zig-zag along line and back again. Repeat. Change ways of passing to underarm, bounce pass, on knees etc.



- Children form two lines and pass football to each other using an underarm chest pass. Start close and gradually widen gap between children.

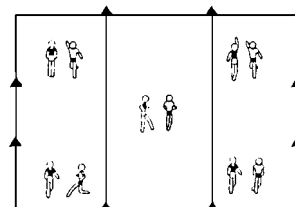


**TIP:** "Ensure children's eyes are on the ball throughout catch. Hands should move to meet ball with fingers in the butterfly position. Bend elbows to absorb force."

## GAME TIME

20 Mins	2	16	5	20	1

Refer to AFL Auskick rules on page 64.



### 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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