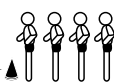
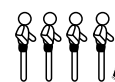


## FOR THIS SESSION YOU WILL NEED:

90 Mins	20	16	4	20	2	1

## WARM-UP

15 Mins	4	4	20	1	20



Setup for this age group is generally in lanework formation

### SHORT ENDS:

Two children kick a football to each other. Start with short distances then gradually increase. Aim for 10 successful passes.

### FOOTBALL SCATTER:

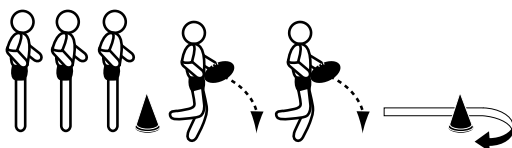
Coach gathers all footballs in a bag. On 'go', coach throws balls and children quickly retrieve and place back into bag. Aim for children is to keep the bag full.

## LINE ACTIVITIES

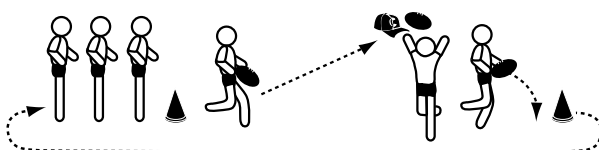
35 Mins	2	12	4	20	1	1

Leader Coaches to demonstrate and assist.

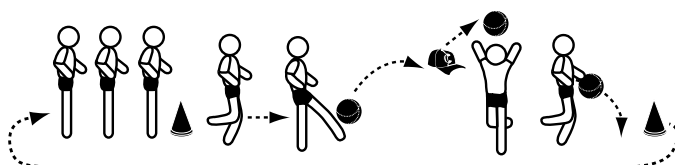
- 1.** First child bounces a football around a cone and then passes to next in line. Repeat. Try increasing speed.



- 2.** First child holds football with ends pointing straight up and down, steps forward and kicks to coach. Child follows ball. Coach holds ball high, child leaps to take high mark from coach, bounces the ball and returns to line. Repeat.



- 3.** First child takes three steps and kicks round ball to coach. Coach throws ball high, child marks, runs around cone, bounces ball and returns back to line.



### SKILL GAME:

**KICK TO KICK:** In pairs standing five metres apart, children kick drop punts to each other. First pair to make 10 successful marks wins.

**OUT AND BACK:** Teams of five children stand five metres from a cone. First child steps and kicks the ball past the cone, runs to retrieve ball, bounces twice on the way back and then gives to next in line. Repeat.

**TIP:** "Bouncing the ball: Ball held slightly on top by the bouncing hand. Ball is pushed down with one hand, ball strikes ground at 45 degrees in front so that it bounces back into player's hands."

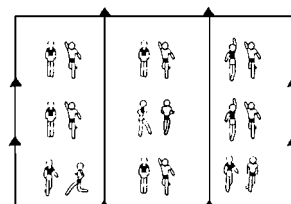
## GAME TIME

40 Mins	20	16	5	20

### GAME PREPARATION – UMPIRING:

Coach sits children down and demonstrates umpiring signals. Select four most common signals and then:

- In pairs, one child calls out the infringement the other child performs the correct signal. Repeat.
- In threes, have two children perform an infringement and the third child needs to call and perform the correct umpiring signal. Rotate.



Refer to AFL Auskick rules on page 64.

**TIP:** "Have children umpire for a quarter. Encourage children to assist you to coach for a quarter of half of a game. Rotate all players."

## 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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