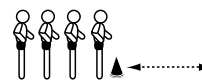


FOR THIS SESSION YOU WILL NEED:

						
90 Mins	20	16	4	20	2	1

WARM-UP

					
15 Mins	4	4	20	1	10



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.

RUNNING RELAYS:

Divide children into four groups and set up two cones, one as a starting line, the other as a turning point. Have children start on their knees. On 'go', they jump up, run to and round marker and return. Tag next in line who repeats. Next, have children start on stomach. On 'go', they jump up, run to and round marker and return. Tag next in line who repeats.

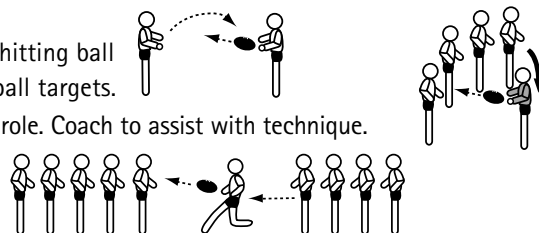
LINE ACTIVITIES

						
35 Mins	20	12	4	20	2	1

Leader Coaches to demonstrate & assist.

HANDBALL DRILLS:

- Pairs stand three metres apart and handball back and forth. Emphasis on hitting ball off platform hand and following through in direction of target. Use handball targets.
- One child stands in front of group and handballs to others. Last child swaps role. Coach to assist with technique.
- Line up two groups of five children facing each other, five metres apart. First child jogs towards other line and handballs to next child. Repeat. Try increasing speed and distance, using left and right hands.



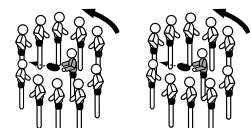
HANDBALL BOB:

Team of five forms a line with first child facing others a metre in front. First child handballs to next in line, who catches, handballs back and then bobs down. Repeat with next child. Continue to end. First child joins start of line and end child goes to the front front. Repeat.



CIRCLE SPIN:

Form two circles of 10. Have one player at a time inside each circle. Player inside circle handballs to players standing around the circle. Repeat with players in circle walking, jogging, walking backwards, on their knees etc. Coach to call variation.



TIP: "Handball: Ball gripped with platform hand and hit with clenched fist. Eyes on ball. Stand side on to allow free movement of punching arm. Knees are slightly bent. On contact, punching fist remains on platform hand."

GAME TIME

				
40 Mins	20	16	5	20

GAME PREPARATION – POSITIONAL PLAY:

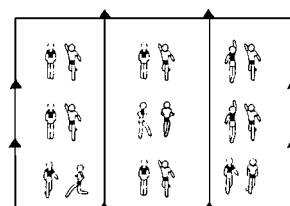
Coach should describe the roles and responsibility of forwards, midfielders and defenders. Divide group into three groups and take through these activities:

Forwards – Have children take set shots at goal from a variety of angles and distances. Start close to goals and develop correct technique. Discourage running off line or hooking ball.

Midfielders – In lines, first player runs with ball and kicks to coach who marks, and handballs back to player who runs around cone, bounces ball and kicks to next in line. Repeat.

Defenders – In pairs, coach nominates forward and defender. Coach throws ball into air, defender punches from behind and spoiling.

Refer to AFL Auskick rules on page 64.



TIP: "Allow children to experiment, correct technique will come with practice, maturity and instruction."

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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