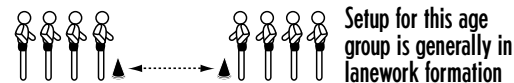


FOR THIS SESSION YOU WILL NEED:

90 Mins	20	16	4	20	2	1

WARM-UP

15 Mins	4	4	20	4	1



Setup for this age group is generally in lanework formation

SEE SAW THROW:

Partners lay on ground with knees bent and soles of each child's feet touching the other's. One child sits up and the other lies down with football above their head in outstretched hands. Child with ball sits up and with an overhead throw, passes ball to other child who catches and lies back down. Repeat

WEAVE RELAY:

Teams of four. One football per team. First child weaves in and out of three cones with ball underarm, then returns ball to line. Try weaving in and out backwards, sideways and bouncing ball as they weave.

SKILL ACTIVITIES

35 Mins	10	12	4	20	1

LINE ACTIVITY: Coach should demonstrate and instruct players on kicking of torpedo punt:

1. From a standing position, first child steps and kicks a torpedo punt to child in front. First child goes to rear of line. Continue until all have a turn. Rotate player at front.

2. First child walks three steps and kicks a torpedo to child in front. Increase distance as children improve.

3. Repeat second activity using opposite foot.

SKILL GAME:

LONG BOMB: Four teams of five aim to kick a torpedo punt kick so that it lands in the opposition's grid. Team scores one point for each ball that hits its mark. The opposition can mark or deflect the ball to prevent it touching the grid. Once the team understands the game, include extra balls. Try increasing and decreasing size of grid.

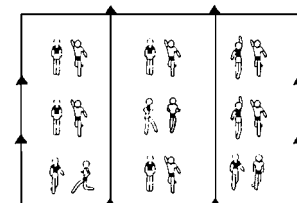
TIP: "Torpedo Punt: The ball is held on an angle across the body. For right foot kick, left hand is slightly forward and right hand slightly behind the lace. Reverse for left foot. Ball guided down at a slight angle across kicking leg. When the foot makes contact the ball should spin in a spiral motion."

GAME TIME

25 Mins	4	16	5	20

GAME PREPARATION: Opportunity for coach to discuss importance of these skills in a game situation. Demonstration and instruction required.

ACTIVITY: Using a tackle bag, have children walk in and practice bumping. As confidence improves, increase speed and force of bump. Make sure children also practice falling skills, side roll and shoulder roll to prevent injury. Line children in threes. Two children work together with one shepherding third child while the other retrieves the ball. Shepherding child should use outstretched arms and fingers and body create a barrier between their opponent and teammate. Bend knees and let your team mate know what's happening.



Refer to AFL Auskick rules on page 64.

TIP: "Be yourself, children like to see the real you."

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