

FOR THIS SESSION YOU WILL NEED:

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| | | | | | | |
| 90 Mins | 20 | 16 | 4 | 20 | 2 | 1 |

WARM-UP

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| 15 Mins | 4 | 4 | 20 | 10 | 1 |

Setup for this age group is generally in lanework formation

PARTNER ACTIVITY:

Two children step and kick drop punts to each other. Children should take three steps and kick. Emphasis correct technique.

FREIGHT TRAIN:

Form a group of three children with remaining players scattered in playing field. Children in group of three form a train by placing their hands on their hips of the child in front of them. Others must chase and try and join the end of the chain.

SKILL ACTIVITIES

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| 35 Mins | 20 | 12 | 4 | 20 | 10 | 1 |

LINE ACTIVITY: Coach should demonstrate and instruct players on correct technique for bouncing:

- In pairs, children bounce a round ball each with two hands while kneeling, progress to bending over then standing.
- Child stands with partner who calls out numbers. Child with football quickly bounces the number of times called out. Change when fumbled.
- First child runs out to cone bouncing the ball, rounds cone and returns to line. Repeat.

SKILL GAME

TWO DOGS AND A BONE: Divide children into four teams of five. Two groups of five line up facing each other on opposite sides of area. Each child is number 1 to 5. On call of numbers each child with the same number must run out and grab the football and get back to starting position before

tagged. If tagged the child must place the ball back into the middle of the area ready for the next pair. One point is scored each time a child returns the ball back to their area without being tagged. Duplicate game for maximum participation. Try: Hopping, crawling, jumping, leaping etc.



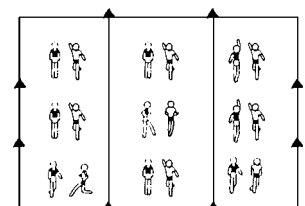
TIP: "Bouncing the ball: The ball is held slightly on top by bouncing hand. The ball is pushed down with one hand. The ball strikes the ground at an angle of about 45 degrees. The ball is bounced far enough in front so that it will bounce into the players hands as they run forward. Keep eyes on ball."

GAME TIME

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|---------|----|----|---|----|
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| 40 Mins | 20 | 16 | 5 | 20 |

GAME PREPARATION: Develop an appreciation for the umpire and the role they play in a game.

ACTIVITY: Groups of five. One child throws football over their head to teammates standing in different positions. One point given to each accurate throw. Correct technique should be emphasised. Rotate positions. Repeat. In pairs, one child with hands positioned at either end and underneath ball, throws football up and attempts to land ball with in area set out with cones. Score one point if ball lands in drop zone. Encourage children to assist you to coach for a quarter or half of a game. Rotate all players



Refer to AFL Auskick rules on page 64.



TIP: "Environmental Conditions: Do not proceed with session if lightning is apparent."

WHAT THE SYMBOLS MEAN...

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|---------------------------|---------------------------|-----------------------|---------------------------------|-------------------------------------|-----------------------------|--------------------------|
| | | | | | | |
| 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 |