

FOR THIS SESSION YOU WILL NEED:

						
90 Mins	20	16	4	20	2	1

WARM-UP

				
15 Mins	4	4	20	1



Setup for this age group is generally in lanework formation

SIDE ROLL:

Position child on hands and knees. Child rolls side ways, tucking knees to chest, and finishes back on hands and knees. Have another child help push partner side ways for four rotations. Change positions.

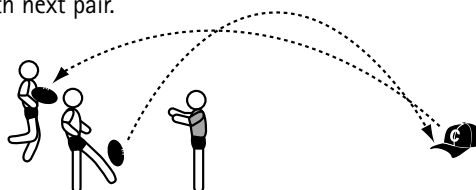
TEAM TAG:

Divide group into four teams. Each team is named after a club. The coach stands in the middle and calls each group in turn. Players from that team run, weave, blind turn and side step to opposite boundary while the coach tries to tag them. Those tagged assist the coach.

SKILL ACTIVITIES

					
35 Mins	20	12	4	20	1

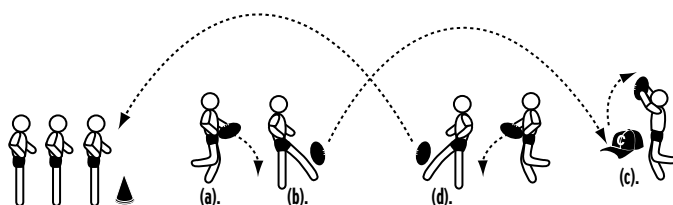
1. In pairs, one child leads and marks football kicked by coach. Non-marking child stands on mark in on-the-mark position. Kicker then kicks back to coach. Repeat with next pair.



3. Team of five at each end. Team A starts with ball, bounces once and kicks to lead from Team B player. Team B repeats. Have children waiting backing up player leading for ball.



2. Child runs out from line (a), bounces football twice, steadies and kicks ball to coach (b), coach throws ball high, child marks (c). Child then bounces ball and kicks (d) back to next in line.



SKILL GAME:

PASS THE GUARDS: Divide children in to three Teams. Team A starts in middle while teams B and C stand at either end of playing field. Team B and C kick to one another making sure team A do not intercept. If a kick is intercepted the kicker changes places with the interceptor in middle. Slowly increase the distance between kickers. Change position of teams regularly.

TIP: "The development of quick and accurate ball handling is important. Give children access to a ball at all times when practical."

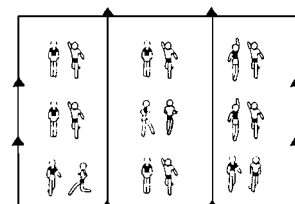
GAME TIME

				
40 Mins	4	16	5	20

GAME PREPARATION: In pairs coach throws ball to nominated forward who attempt to mark, defender approaches from the side keeping eyes on ball and punches with clenched fist before it reaches forward. Return to line.

In a line, children step out to coach, bring hands from hips, fingers straight, extending arms at 45 degrees over coach's kicking boot. Smother when ball is on or just left boot. Keep eyes on ball at all times. Return to line. Repeat.

Refer to AFL Auskick rules on page 64.



TIP: "Promote respect for opponents, condemn unsporting behaviour."

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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