



AFLC KINDERKICK SESSION 6

Learning Intentions:

Locomotor Skills - Running, Skipping, Marching, Jumping & Crawling.

Stability Skills - Bending & Log Roll

Object Control - Catching, Throwing, Handball, & Kicking

SESSION EQUIPMENT:

Markers, whistles, round balls, spiky balls, parachute, softouch Australian Footballs, bean bags, crates, hula hoops, agility ladders, tunnels.

Activity #1 = Welcome

Timing = 5 minutes

Equipment = N/A

Description:

Welcome song to gather children and encourage them to sit cross legged in front of you. Let the children know it is week 6, the final week, of the Kindakick program and we will be revising all of the activities we have participated in together. Welcome parents to the program (if any). Introduce the skills they will be participating in: running, marching, handball, kicking and super obstacle course.

Revisit whistle rules

Teaching Points:

Explaining the rules:

- When you hear the whistle once (blow whistle once) that means 'freeze, stop, no moving'.
- When you hear the whistle twice (blow whistle twice) that means come and sit in front of me (practice this).
- Remember to always share and take turns.
- Have fun!



Activity #2 = Running

Description:

Running is a faster movement than walking that involves the shifting of weight from one foot to another while moving forwards, there is a brief time when both feet are in the air at the same time.

Timing = 5 minutes

Equipment = N/A

Activities:

Here, there & everywhere:

Children are told to stop, freeze and listen when they hear the whistle. After blowing the whistle the coach will call out one of the following instructions:

- Here—players run towards the coach
- There—players run to where the coach is pointing, a designated place i.e. a tree, fence, etc
- Everywhere—players run everywhere
- Other instructions that the coach chooses, i.e. racing cars, kangaroos, etc and the children act this out

Teaching Points:

- Look forward
- Arms bent.
- Lean forward slightly
- Push off ground.



Activity #3 = Skipping

Description:

The action of skipping involves a long step and a short hop. Children need to be able to hop before they can skip. Younger children may attempt by shuffling. Early n skipping will be a hop followed by one or more steps.

Timing = 5 minutes

Equipment = N/A

Activities**Free Skipping**

Children to practice skipping in their own space while the coach recites the skipping rhyme—Pop Goes the Weasel.

Pop goes the weasel song:

'Round and round the mulberry bush, the monkey chased the weasel, the monkey stopped to pull up his sicks, pop goes the weasel!'

Teaching Points:

- Position the body with lower arms extended from the waist.
- Focus on ball/object
- Move towards the ball
- Scoop the ball up to the chest holding the ball tight



Activity #4 = Marching

Description:

Marching is similar to walking, with knees lifted higher and arms swinging larger. Mature marching appears rhythmical, this may not be achieved by all but is the aim of the activity

Timing = 10 minutes

Equipment = N/A

Activity:**Marching Rhyme**

Children march around the play area to the tune of Grand Old Duke of York.

Teaching Points:

- Stand straight and tall
- Lift knees high
- Clench fists.
- Land firmly on feet.



Activity #5 = Handball

Description:

Handball is a passing skill of Australian Football and can be difficult for many children. It involves a hand platform to rest the football and a clenched fist to hit the ball forward. Handball pass may not be achieved by all but this is the aim of the activity.

See this video for further descriptions - [AFL Auskick - How to Handball](#)

Timing = 5 minutes

Equipment =

- Footys
- Skittles
- Markers
- Rope
- Hoops

Activities:

Free Handball:

Each child has a football and space to practice handballing to a partner.

Target Handball:

Coach to set up skittles for children to attempt to knock over by handballing the footy.

Obstacle Course:

Coach to set up an obstacle course for children to run through then handball to a coach/helper. Use ropes/hoops, etc for children to run through/around, get to a marker and handpass to a coach.

Teaching Points:

- Ensure children are standing with one foot forward and same hand forward as a platform.
- Ball sits on top of the platform.
- Clench fist with thumb down and hit the football off the platform towards a target.



Activity #6 = Kicking

Description:

Kicking involves the transfer of force from the foot to an object. At first the kicking action is limited to the leg, with practice the arms are used more and a backswing and follow through are evident.

Timing = 10 minutes

Equipment =

- Footys
- Round balls
- Skittles
- Markers

Activities:**Free Kicking:**

Each child has a football and space to practice kicking and chasing - use footys and round balls.

Target Kicking:

Coach to set up skittles for children to attempt to knock over by kicking the footy or other balls toward them.

Obstacle Course:

Coach to set up an obstacle course (similar to the handball challenge) for children to manoeuvre the football around - kicking the football along the ground

Football Kicking:

Have children kick the AFL football along the ground and see how it rolls differently to a round ball.

Teaching Points:

- Look at the ball.
- Step forward with one leg.
- Follow through with and kick with the other foot.



Activity #7 = Super Obstacle Course!

Description:

A combination of the locomotor, stability, and object control skills practiced throughout the six KinderKick sessions.

Timing = 10 minutes

Equipment =

- Footys
- Round balls
- Skittles
- Markers
- Agility poles
- Parachutes
- Tunnels

Activities:

Coach to set up obstacle course with stations or sections for each of the following activities:

- Running
- Skipping
- Marching
- Hopping
- Jumping
- Crawling (baby crawl / gorilla crawl)
- Bending
- Log roll
- Throwing
- Catching
- Handball
- Kicking

Coach to walk children through individual stations discussing each obstacle, children are then able to complete the entire course 2 or 3 times (dependent on time).

They can start anywhere as this will prevent congestion at activities. Sometimes you may have to wait your turn so be patient.



Activity #6 = Conclusion

Timing = 5 minutes

Equipment = N/A

Description:

Ask children to sit with their legs crossed in front of you on the ground. Invite the children to talk about what they did today? Encourage the why with their answers? Discuss what their favourite activity was today? What things did they like about Kindakick?

Finish up with some reflective questions.

Thank you children for all your hard work and constant persistence over the six weeks. You have really improved your skill, balance and ball skills. You will use many of these skills everyday so continue to lead an active and healthy lifestyle. Thank you for taking part in the AFL Canada KinderKick program.

Key Teaching Points =

Reflective Questions:

- Can someone tell me what you liked doing the best at Kinderkick? Think of all of the sessions and activities? Tell your Mom or Dad.
- What skills did we do today?