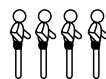


FOR THIS SESSION YOU WILL NEED:

90 Mins	20	12	4	20	2

WARM-UP

15 Mins	4	4	20	1



Setup for this age group is generally in lanework formation

PARTNER ACTIVITIES:

Conduct various stretches. Hold stretches for 10 to 30 seconds. Hold position comfortably. Do not strain. Encourage children to stretch each week on their own.

JOG BUMP & ROLL:

In pairs children are numbered 1 and 2. Children jog around playing field side by side. Coach calls out number and that child bumps into partner who then does a side shoulder roll technique back to feet. Repeat.

SKILL ACTIVITIES

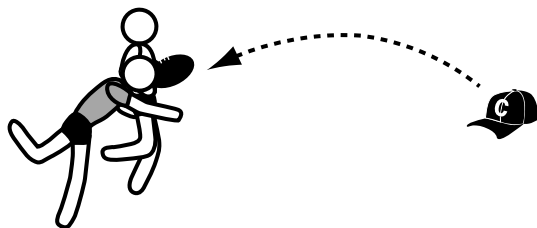
35 Mins	12	12	4	20	1

LINE ACTIVITY: See card four. Leader Coaches to demonstrate & assist.

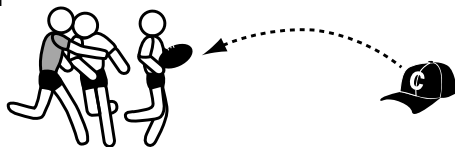
1. BUMPING: Using a tackle bag, have children walk in and try skill of bumping. As confidence improves, increase speed and force of bump. Arm should be bent, elbow tucked into the side. Make contact with shoulder and arm pushing from the foot furthest from opponent. Keep feet on the ground. Make sure children also go over falling skills, side roll and shoulder roll to prevent injury.



3. Note: These activities should be taught in stationary position then build up to jog. First child approaches second child from behind, head should be placed side-on in middle of second player's back. Grab player with ball around arms above elbows and then drop to knees. Tackler approaches with arms at chest level, head tucked to one side, chin on chest. Pin arms of player with the ball, drop weight and spin or turn opponent off balance. Tackler's shoulders and arms make first contact to opponent's arms and chest. Head tucks into opponent's back.



2. SHEPHERDING: Line children in threes, nominate two against one. Two work together by one shepherding while the other retrieves the ball. (Using outstretched arms and fingers and body create a barrier between opponent and team mate. Bend knees and let your team mate know what's happening.)



TIP: "Increase speed of activity and include opponent in drills to add pressure, only once competency in performing skills is achieved."

GAME TIME

40 Mins	2	4	5	20

GAME PREPARATION: Children should be encouraged to assist in the umpiring of lower level games and assist coach with the umpiring of all matches on rotation. In all checking skill activities, have children umpire.

FIFTEEN-A-SIDE RULES: Refer to AFL Auskick rules on page 64.

FIVE MINUTE COOL DOWN: Opportunity for children to lower their heart rate through stretching activities. A time for a coach to review training session or prepare children for next game or training session.

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