

FOR THIS SESSION YOU WILL NEED:

						
90 Mins	4	12	4	20	2	1

WARM-UP

					
15 Mins	4	4	20	1	20



Setup for this age group is generally in lanework formation

PARTNER ACTIVITIES:

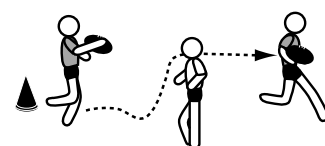
Conduct various stretches. Hold stretches for 10 to 30 seconds. Hold position comfortably. Do not strain. Encourage children to stretch each week on their own.

DODGE & STEAL:

In an area the size of a basketball court, a number of balls are placed behind each base line. Players are in two teams, one in each half court. They try to cross to their opponent's baseline, take a ball and return to their own half without being tagged.

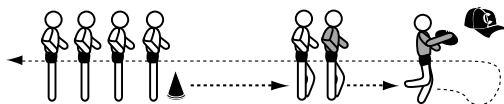
SKILL ACTIVITIES

					
35 Mins	20	12	4	20	1

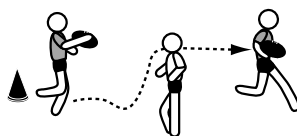


LINE ACTIVITY: See card 4. Coaches to demonstrate & assist.

- 1.** In pairs, one child has football and walks toward coach followed by partner. Player with ball holds it out to the right, digs their right foot into ground and steps to left hand side, ball held close to chest and returns back to line.
Repeat.



- 2.** In pairs, child with football is approached by partner. Child with ball pretends to kick or handball but at the last moment, draws the ball close to their body and dodges by pushing hard off the in-step.



- 3.** In pairs, first child with football holds it out to the side as their opponent approaches. Child with ball should push hard off the foot planted on the same side as the ball, pull the ball back quickly as you move around opponent. Ensure they change direction.

SKILL GAME:

WEAVE RELAY: First child runs out, weaves around the markers returns and rocket handballs to next child who repeats. Bounce ball at each marker.

INTERCEPTION: Teams of five in rectangle area. One team starts with ball and attempts to run around the court, handballing and bouncing to each other. The other team tries to intercept. An interception is not complete unless opponent wins possession of ball. Both handballs and bounces may be smothered or knocked away. No tackling. Winning team is the one with the most interceptions.

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	12	4	5	20

GAME PREPARATION: These activities should be taught in stationary position then build up to a jog. Tackling player approaches from one side, reaches across chest of player with the ball, grabbing their arms above the elbows and spins them off balance.

FRONT: In pairs. Tackler approaches with arms at chest level, head tucked to one side, chin on chest. Pin arms of child with ball, drop weight and spin or turn player with ball off balance. Tackler's shoulders and arms make first contact to opponent's arms and chest.

ACTIVITY: SHADOWS: In pairs, first child leads, second child shadows. On whistle, 'shadow' tackles lead child from behind. Lead child falls to ground in prone fall position (forearms flat, body flat, head turned to side). Repeat using side tackle. Practice prone falls and front falls prior to activity.

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
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