

FOR THIS SESSION YOU WILL NEED:

					
90 Mins	20	12	4	20	1

WARM-UP

					
15 Mins	4	4	20	1	10



Setup for this age group is generally in lanework formation

PARTNER ACTIVITIES:

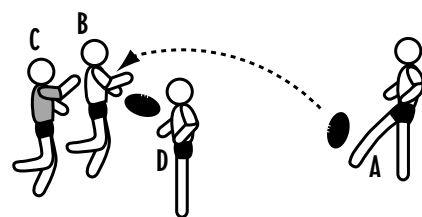
Conduct various stretches. Hold stretches for 10 to 30 seconds. Hold position comfortably. Do not strain. Encourage children to stretch each week on their own.

SHUTTLE RELAY:

Children form four groups. Cones are positioned at five, 10 and 15 metres from children. On 'go', first four children run out bouncing their footballs to five metre line and back. Repeat at 10 and then 15 metre lines. Next child repeats.

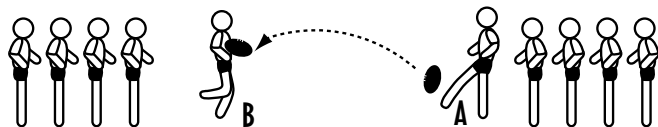
SKILL ACTIVITIES

					
35 Mins	20	12	4	20	1



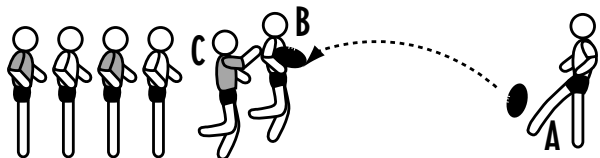
LINE ACTIVITY: See card 4. Leader Coaches to demonstrate & assist.

- Start in groups of five, 15-20 metres apart. First child in Team B leads out. Child from Team A delivers pass. Team B child handballs to next player and replaces Team A player. Repeat. Use both feet.



- A kicks gently to B and C who contest a mark overhead or in the fingers. Chest marks are Discouraged. D waits for 'crumbs'. Alternate. Toss ball if kicking is inaccurate.

- Children pair off with opponent. Kicker A calls either B or C to lead to a side and then delivers drop punt pass. Other child tries to intercept. Ball is returned with rocket handball. Repeat with next pair.



SKILL GAME:

SIX VS SIX END BALL: Form two teams of six. Teams aim to kick or handball a pass to a player standing in an end zone area in order to score a goal. If the end zone player drops the ball, a free kick is awarded to the opposite team. Rules: No side boundaries, children can only be in possession for no longer than four seconds, no tackling, no kicking off ground. A mark is awarded to any player catching the ball from a kick, provided it has travelled 10 metres. Play is started by a ball up between two opposing players at the centre. Rotate end zone players after every goal or every two minutes.

TIP: "Line body up with target, Head slightly over ball, Hold ball over kicking leg. Guide ball down to foot with one hand. Point toes at target watch ball hit foot. Follow through towards target."

GAME TIME

				
40 Mins	12	4	5	20

GAME PREPARATION: Often in a pack the ball falls forward. To capitalise on this players must anticipate the fall of the ball. In teams of four, three children go to one end, while the other child kicks to group. Two contest mark while third positions themselves front and centre to crumb ball from contest.

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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