





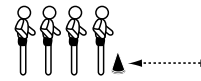


## FOR THIS SESSION YOU WILL NEED:

					
90 Mins	20	12	4	20	1

## WARM-UP

					
15 Mins	4	4	20	1	20



Setup for this age group is generally in lanework formation

### PARTNER ACTIVITY:

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.

### UMPY'S COMING:

Coach demonstrates three umpiring actions. Children hop around playing field until coach calls 'umpy's coming'. Coach then calls one of umpiring actions and children give appropriate signal. Repeat.


### BACK FALL:


In pairs, children squat with chin on chest and feet on the ground. Place hands on the ground behind body with fingers pointing towards feet. On 'go' children slowly roll onto their backs keeping in tuck position. Push up to return to tuck position.


## SKILL ACTIVITIES

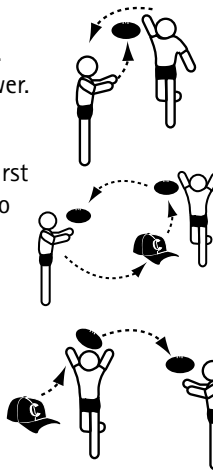
					
35 Mins	20	12	4	20	1


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

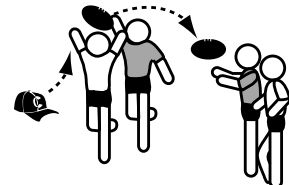
 1. In pairs, one child throws ball up high. The other child taps ball back to thrower. Change.

 2. In pairs, coach throws ball high, and first child taps ball down with two hands to second child who gathers and returns back to coach. Partners swap roles.

 3. In pairs, coach throws ball up and one child palms the ball backward to call from partner. Points given for successful passing.



 4. In teams of two – one ruck and one rover – coach throws ball up and teams compete to get ball. Points scored for successful executions of skill.



### SKILL GAME:

**FOOTY VOLLEYBALL:** On a volleyball court, form two teams of five. First team handballs over net and other team has to tap or palm the ball back. Second team scores a point if they successfully palm the ball to the ground or if the opposition drops a mark. Teams can try to set the play up by handballing the ball between themselves twice before tapping the ball over the net.



**TIP:** "Eyes on ball, leap off one foot using arms and other leg to gain lift. Arm swings forward, ball is hit with open palm and fingers at target. Turn body sideways to protect yourself. Hit ball at highest point of jump."

## GAME TIME

				
40 Mins	20	4	5	20

**GAME PREPARATION:** The concept of directing play through the corridor is to use the ball through the centre corridor from one goal square to the other. Keeping play directed in this area when in attack promotes more direct play. If defence go out side of corridor to clear, but when in attack bring the ball back into corridor once it has gone past the centre-line.

**FULL GROUND ACTIVITY:** Children divided in to six groups. First child in goal square, runs and kicks to next child at point of square, this child marks and gives handball off to third child who directs ball back into corridor and kicks to fourth child at centre half-forward position. This child handballs ball off to next child who runs and bounces ball and kicks to sixth child in goal square. Reverse pathway to return to start.

**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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