

FOR THIS SESSION YOU WILL NEED:

60 Mins	4	16	4	20	1

WARM-UP

15 Mins	4	4	4	20	1



PARTNER ACTIVITY:

Child throws a football underarm to their partner who catches. Repeat. Try sitting, kneeling, hopping, laying down etc.

SCARECROW TAG:

Select five children as taggers. They try to tag other children who, once tagged, become scarecrows, standing with their legs apart and arms outstretched. Scarecrows can only return to the game when another child crawls under their legs. Change taggers regularly.

HOT POTATO:

Children stand side-by-side in a line. A football is passed along the line. The last child in the line takes the ball, runs to the other end of the line and the game repeats.

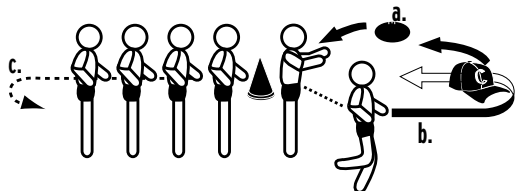
SKILL ACTIVITIES

25 Mins	4	12	4	20	1

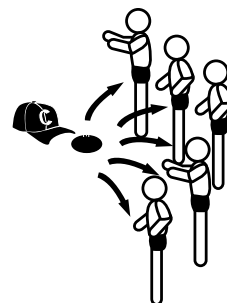
CIRCUIT GAME:

Use cones as separate activity stations. Divide children into four groups and spend five minutes at each station. Rotate through all activities.

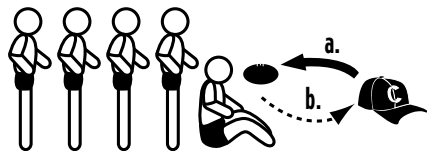
1. Children stand in a line. Coach throws a football to child (a) who catches on their chest. That child runs around coach (b), back to the start of the line and throws ball back to coach. Child then goes to end of line (c). Repeat.



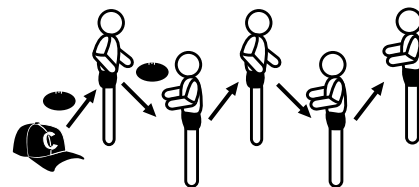
3. Children form a semi-circle around the coach. Coach throws a football to the first child and continues until all the children have had a go. Each child then has a go at standing in the middle.



2. Coach throws a football to first child (a). Child returns the ball (b) and sits. Continue until all children are sitting.



4. Children form a staggered line. The ball is passed zig-zag along the line and back again. Repeat.

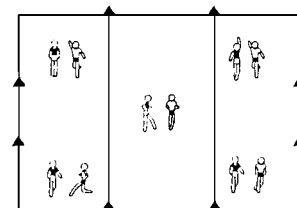


TIP: "Eyes must remain on the ball throughout catch. Hands move to meet ball. Fingers in butterfly position. Bend elbows to absorb force."

GAME TIME

20 Mins	2	8	5	20	1

Refer to AFL Auskick rules on page 64.



TIP: "Always give clear and simple instructions. Applaud all efforts and discourage rough play."

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