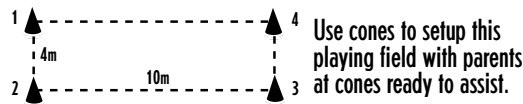


## FOR THIS SESSION YOU WILL NEED:

70 Mins	4	16	4	20	2	1

## WARM-UP

15 Mins	4	4	20	1	5



### HOPPO BOPPO:

Form Pairs. Each pair must hop on one leg and attempt to bump each other off balance. Arms must be tucked in to side when bumping. Winner is the best of five. Emphasise safety.

### FOOTBALL TAG:

Select five taggers, each with a football. Children start in 'ready' position with body straight and knees slightly bent. On 'go' children evade taggers. When tagged with the ball, child freezes in ready position and resumes in game when bumped slightly off balance by another child. Change taggers regularly.

## SKILL ACTIVITIES

35 Mins	20	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.

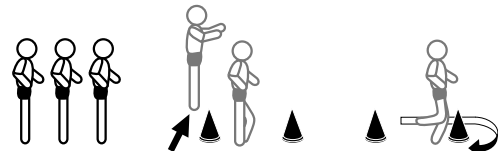
**1.** In pairs, children squat with chin on chest and feet on the ground. Place hands on the ground behind body with fingers pointing towards feet. On 'go' slowly roll onto back keeping in tuck position. Push up to return to tuck position.



**2.** Children line up behind each other. Last in line lays on back, while others take a crouched position. Last child stands and leaps over each child until they reach the front of the line and crouch position. Next in line repeats until all have had a turn. Repeat.



**3.** Place cones four in a line. Children must jump and land over the first three markers, run around the last marker, then run back to the start. Tag the next in line who repeats.



**4.** One child squats holding knees and chin to their chest. Partner rocks child side to side. Change position and repeat.



### SKILL GAME

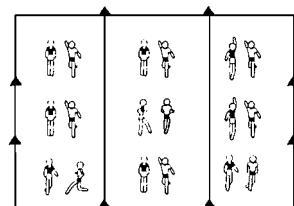
**TWO DOGS AND A BONE:** Divide children into four teams of five. Two groups of five line up facing each other on opposite sides of area. Each child is number 1 to 5. On call of numbers each child with the same number must run out and grab the football and get back to starting position before

tagged. If tagged the child must place the ball back into the middle of the area ready for the next pair. One point is scored each time a child returns the ball back to their area without being tagged. Duplicate game for maximum participation. Try: Hopping, crawling, jumping, leaping etc.

**TIP:** "Landing: Feet must be as close together as possible, with knees slightly bent, straight back and hands and arms extended at shoulder level."

## GAME TIME

20 Mins	2	16	5	20	1



Refer to AFL Auskick rules on page 64.

**TIP:** "Set achievable goals: Remember the limits of children under your control."

### 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