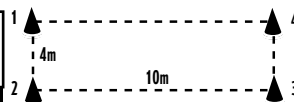


FOR THIS SESSION YOU WILL NEED:

70 Mins	20	16	4	20	2	1

WARM-UP

15 Mins	4	4	20	1	10



Use cones to setup this playing field with parents at cones ready to assist.

SEE-SAW THROW:

Partners lay on ground with knees bent and soles of feet touching ground. One child sits up and the other lies down with round ball above their head in outstretched hands. Child with ball sits up and with overhead throws passes to other child who catches and lies back down. Repeat.

FOOTBALL SCATTER:

Coaches gather all footballs in a bag. On 'go', coaches throw the balls. Children quickly retrieve and place back into bag. Aim for children is to keep the bag full.

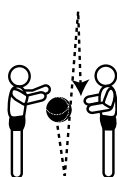
SKILL ACTIVITIES

25 Mins	4	12	4	20	1	5

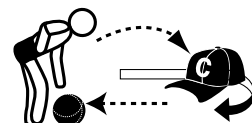
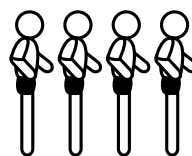
CIRCUIT GAME:

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

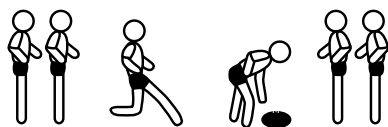
1. In pairs, child bounces round ball like an umpire. Claps hands as many times as possible before catching. Swap. Have partner bounce ball while other partner claps then catches. See who can get the most claps.



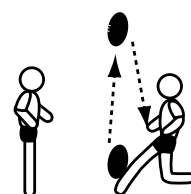
3. Coach rolls round ball to child, who picks it up while moving forward. Child throws ball to coach and returns to line. Tags next in line. Repeat.



2. Divide group into two groups who line up opposite each other with a football in between. One player runs out, picks up ball and gives to the first player in the opposite team who returns ball to original position. Repeat. Practice one and two handed pick up.



4. In pairs children attempt to kick and catch. Hold ball with end pointing at ground. Have three goes each. Change roles. Coaches to assist.



SKILL GAME

EMPTY THE CIRCLE: Mark out a circle about five metres in diameter containing 10 to 20 footballs. Four children are inside the circle, the remaining are outside. Players inside circle must pick up balls and kick them out as fast as possible. Players

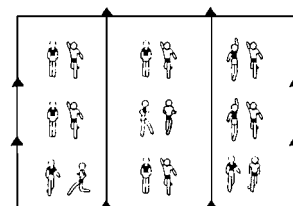
outside the circle attempt to retrieve the balls as quickly as possible. The game finishes when all balls are out of the circle at the one time. Change players inside the circle after end of game.



TIP: "Kicking: eyes on ball, step forward on non kicking foot, bend knee of kicking foot, extend hip. Kicking leg follows through towards target."

GAME TIME

20 Mins	2	16	5	20	1



Refer to AFL Auskick rules on page 64.



TIP: "Watch for signs children may be tiring of a drill: this could be mental or physical. Change task where appropriate."

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