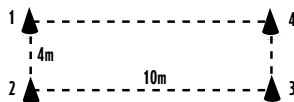


FOR THIS SESSION YOU WILL NEED:

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.

INTRODUCTION TO HANDBALL:

Child stands side on with left foot and left hand extended in front of body. Place ball on palm of left hand and hit ball off stationary hand to partner. Change hands and feet. Repeat.

UMPY'S COMING:

Coach demonstrates three umpiring actions. Children run, jump, skip hop around area until coach calls 'umpy's coming'. Coach calls one of the umpiring actions. Children give appropriate signal. Repeat.

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.

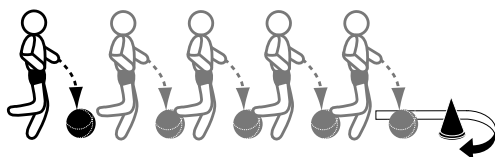
1. In pairs, children throw the football to each other in various ways. They must catch ball in hands or on chest. Repeat kneeling and cross-legged sitting.



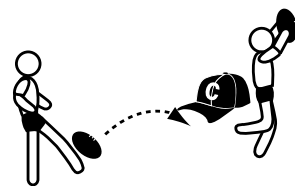
3. Coach lobs football to child who catches and throws back, runs around coach and returns to line. Throw ball end-on-end, flat and wobbly.



2. Child bounces round ball five times out to cone and returns walking backwards while bouncing ball five times. Repeat jogging. Change to football.



4. Child stands and kicks ball to coach. Child follows ball. Coach holds the ball high and child leaps off the ground to take high mark. Returns to line giving the ball to next child. Repeat.

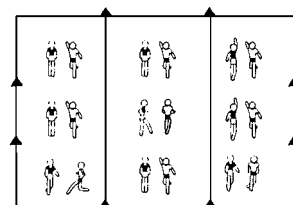


SKILL GAME:

PASS THE GUARDS: Divide children in to three Teams. Team A starts in middle while teams B and C stand at either end of playing field. Team B and C kick to one another making sure team A do not intercept. If a kick is intercepted the kicker changes places in to the middle. The interceptor becomes the kicker. Slowly increase the distance between kickers. Change position of teams regularly.

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