

**AGE: 7-8**  
Early Primary

# STOPPING & STARTING

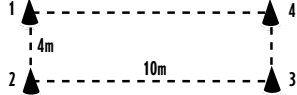
During this session, children will develop the skills of gathering and controlling the ball. These motor skills are fundamental to playing the game of Australian Football. Practice – picking up, bouncing, rolling and stopping the ball is provided in this session. **Teaching points** for children will include keeping their eyes focused on the ball, keeping their body in line with the path of the ball and lowering their body by bending at the knees and waist.

**FOR THIS SESSION YOU WILL NEED:**

70 Mins	20	16	4	20	10	1

## WARM-UP

15 Mins	4	4	20	1	20



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

### FOOTBALL SCATTER:

Coaches gather 20 footballs in a bag. On 'go', coaches throw balls, children quickly retrieve and place back into bag. Children try to keep the bag full.

### TUG OF WAR:

Partners stand side-by-side. Link elbows and clasp wrists with other hand. Keep upright while pulling sideways in opposite directions.

### COMMANDO ROLL:

Position child on hands and knees. Child rolls side ways, tucking knees to chest, and finishes back on hands and knees. Have partner help push sideways for four rotations. Change positions.

## SKILL ACTIVITIES

35 Mins	4	12	4	20	2	1

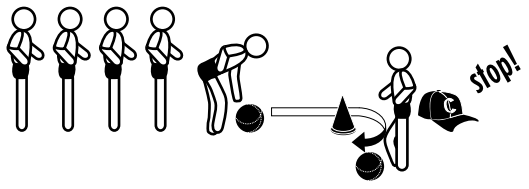
### CIRCUIT GAME:

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

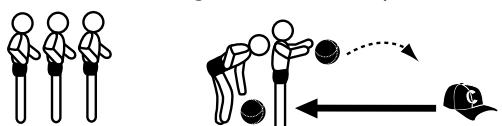
**1.** Child runs out picks up football, bounces once, runs around coach back to the start of the line and places ball on ground. Tags next in line. Repeat.



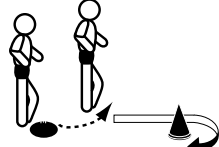
**3.** Child rolls round ball with hands around marker. Coach calls stop and the child must use various parts of their body to stop the ball.



**2.** 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.



**4.** In pairs, partners roll a football sideways to each other while walking around marker. Return.



### SKILL GAME:

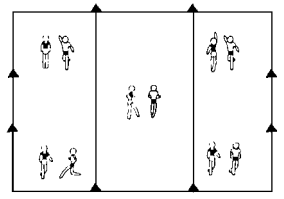
**CIRCLE RACE:** Divide children into two teams of 10. Team A forms a circle with a coach in the middle of the circle. Team B lines up behind a cone. On 'go' Team A needs to pass a round ball through the coach to every member of the circle twice, while Team B members run around Team

A circle one at a time. Each time a Team B member gets back to the cone, they get one point. Repeat. After Team A has passed the ball around the circle twice, Team B counts their points. Change roles and repeat. The team with the most points wins.

**TIP:** "When rolling to a moving target always aim in front of target to ensure continued forward motion."

## GAME TIME

20 Mins	4	16	5	20



Refer to AFL Auskick rules on page 64.

### 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
--	---------------------------	--	---------------------------	--	-----------------------	--	---------------------------------	--	-------------------------------------	--	-----------------------------	--	--------------------------