

FOR THIS SESSION YOU WILL NEED:

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|---------|----|----|---|----|---|---|
| | | | | | | |
| 90 Mins | 20 | 16 | 4 | 20 | 2 | 1 |

WARM-UP

| | | | | |
|---------|---|---|----|---|
| | | | | |
| 15 Mins | 4 | 4 | 20 | 1 |



Setup for this age group is generally in lanework formation

FRONT FALL BOUNCE BALL:

Pairs face each other in kneeling position. One handballs football to other then front falls and springs back to starting position. Partner repeats.

FOOTBALL TAG:

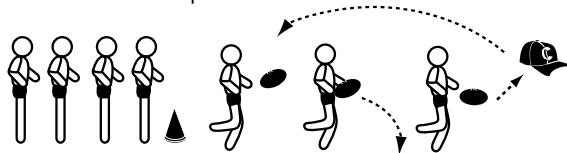
Select five taggers, each with a football. Children start in 'ready' position with body straight and knees slightly bent. On 'go' children evade taggers. When tagged with the ball, child freezes in ready position and resumes in game when bumped slightly off balance by another child. Change taggers regularly.

SKILL ACTIVITIES

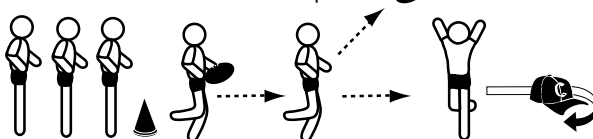
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|---------|----|----|---|----|---|
| | | | | | |
| 35 Mins | 20 | 12 | 4 | 20 | 1 |

Leader Coaches to demonstrate & assist.

- 1.** First child runs out and chest marks a football thrown by coach, bounces ball, handballs back to coach and returns to line. Repeat.



- 2.** First child starts with football, runs out and throws ball into the air. This child then leaps and marks before handballing to the coach who throws ball high. Child marks again, runs around coach and bounces ball back to line. Next child repeats.



- 3.** Coach stands beside line of children, throws ball up high, and first child runs out to mark ball, rounds cone and bounces ball back to line.



SKILL GAME:

BOOT BALL: form two teams, one fielding and one kicking. First child kicks ball into playing field, runs to cone and attempts to get home for one point. Fielders attempt to get kicker out by marking the ball or handballing to cone before kicker arrives. Once all have had turn kicking, change positions. Team with the most wins.

TIP: "Marking: Eyes focused on ball all the time. Position body in line with flight of ball, move to meet ball, decide which type of mark to take.

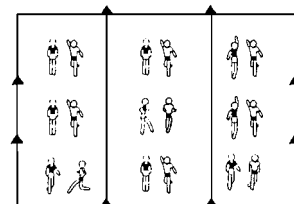
High Mark: Take ball in hands with fingers spread, thumbs together. **Chest:** Ball taken on hands and arms guided to chest, hug ball tightly to chest."

GAME TIME

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|---------|----|----|---|----|
| | | | | |
| 40 Mins | 20 | 16 | 5 | 20 |

GAME PREPARATION:

Coach throws, kicks or rolls ball to two children. Nominated front child should assume position early, have legs spread to increase stability and position body in front of opponent. Front child should come forward to meet ball, arms stretched out to take ball or keep it in front. Swap positions. Incorporate this concept in games to reinforce understanding.



Refer to AFL Auskick rules on page 64.

TIP: "Allow children to experiment, correct technique will come with practice, maturity and instruction."

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 |