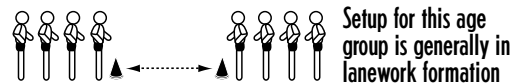


FOR THIS SESSION YOU WILL NEED:

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

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.

LEAPING RELAY:

Divide children into four teams of five. One child from each team stands while the others sit one metre apart with legs together in front of body. Coach says 'go' and first child begins to leaps over other children. Sit once at the end of the line. Next in line repeats until all have had a go. Have children stand and bend over with their hands on the ground. Children then must go over and under other children to the end of the line. Repeat.

SKILL ACTIVITIES

35 Mins	20	12	4	20	2	1

Leader Coaches to demonstrate & assist.

1. First child runs out from cone watching on coming ball thrown by coach. Child traps ball and handballs back to coach.

3. First child starts with ball, dribbles ball out to first cone, picks up ball with two hands, runs and bounces ball around final cone. Child then returns to first cone and rolls ball back to next in line. Repeat.

2. First child runs to cone, picks up ball one handed, bounces, places ball at next cone, does commando roll, gets to feet, continues around last cone, picks up ball and replaces at first cone. Next child repeats.

SKILL GAME

ELIMINATION: All children have football. Start in scattered formation. Children must roll the ball close to body and in control. Five 'Eliminators' are selected. Their job is to tap the ball away from the child. Using rolling skills, peripheral vision and body, children fend off Eliminators. Eliminators must not target the same child, selection should be at random. Once ball has been tapped away or the child ventures out of playing area, child must sit on ball for 10 seconds before returning. Change Eliminators regularly.

SAFETY:

Ensure children are looking forward, and look both left and right before changing direction. Start with children walking at first. When confident progress to jog. Ensure playing area is large enough to play in safety.

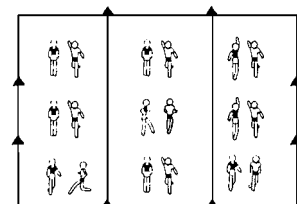
TIP: "Picking Up: Eyes on ball at all times. Body is in line with ball in a semi crouched position. Arms and hands are extended with fingers almost touching ground, palms toward the ball. Ball is picked up cleanly in one or two hands, elbows close together."

GAME TIME

40 Mins	4	16	5	20

GAME PREPARATION: Opportunity for coach to discuss the importance of playing like a team and how each child plays a part in this process.

ACTIVITY: Form a line for tunnel ball. On 'go', the team works to get the best time possible and as part of each training session, work to improve this time. Encourage communication. When a new time is set, reward team.



Refer to AFL Auskick rules on page 64.

TIP: "Beware of environmental conditions. If hot, ensure children have a regular drink break, sunscreen and a hat."

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