



Section Seven

Lesson Plans



In this section

Youngsters (5-6 years)	108	Middle primary (9-10 years).....	148
Early primary (7-8 years)	128	Late primary (11-12 years)	168

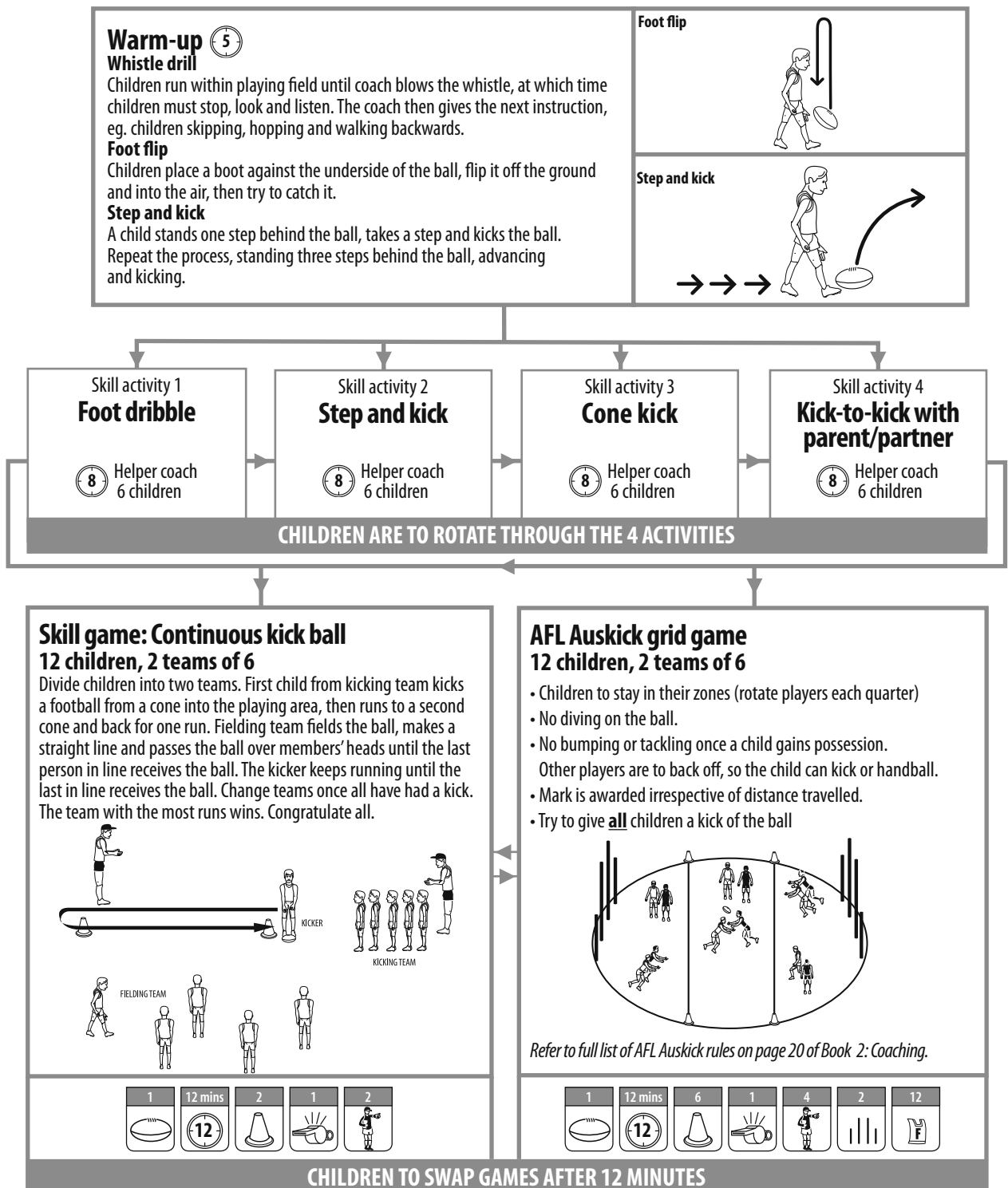
SESSION 1

Kicking

Teaching points for kicking

1. Line up the ball with your target. Have your head bent slightly over the ball. Hold the ball over the thigh of the kicking leg.
2. Guide the ball down with one hand – on the same side as the kicking leg.
3. Point your toes at your target – see the ball hit the foot.
4. Follow through straight towards the target.

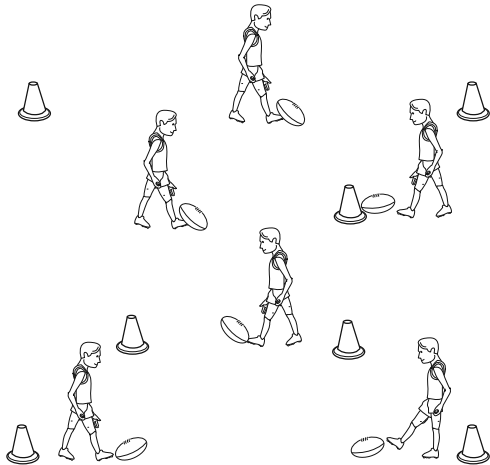
Session overview



Kicking

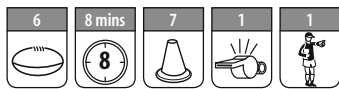
Skill activity 1: Foot dribble

Child uses one foot to move the ball slowly as he/she walks through a circuit. Try using toes, heels, instep, outside of foot and use alternate foot. Dribble the ball around markers.



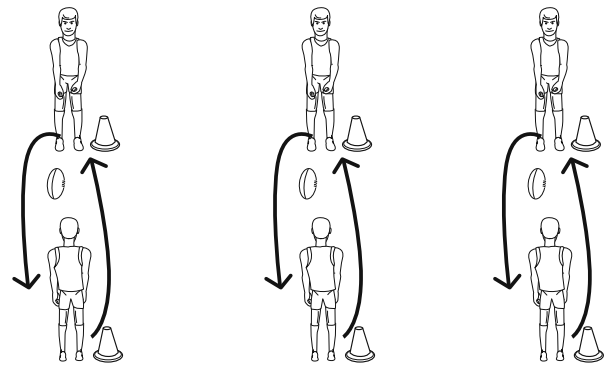
Teaching points

- Watch your boot contact the ball.
- Keep the ball close to your foot.



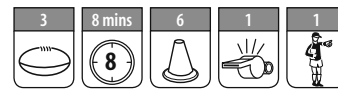
Skill activity 2: Step and kick

Child holds the ball with two hands (as per drop punt) and faces his/her partner. The child takes one step and kicks to the partner, who catches the ball and kicks it back.



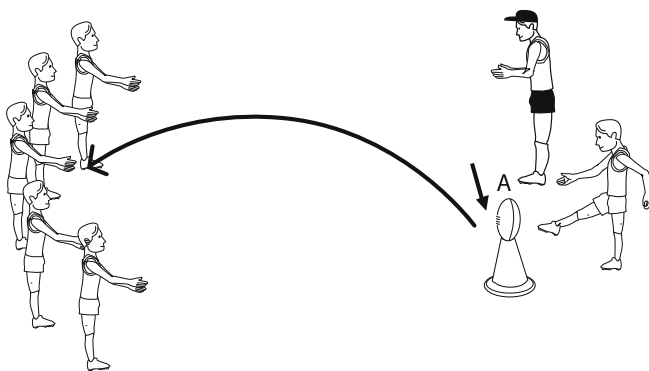
Teaching points

- Hold the ball in both hands with fingers spread evenly along each side.
- Step and kick the ball.



Skill activity 3: Cone kick

Children form a semi-circle around a cone, which holds a ball. First child walks in and kicks off cone to other children. Coach replaces ball. Start with children walking in and progress to a run and kick. Ensure fielders are an appropriate distance from the cone.



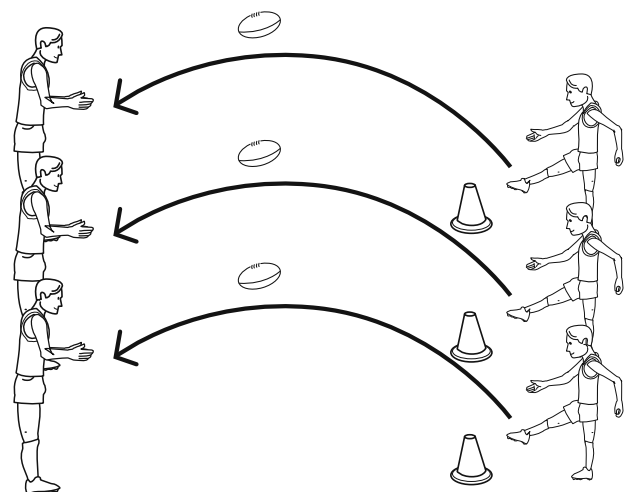
Teaching points

- Watch your boot contact the ball.
- Fielders to watch the ball off the boot.



Skill activity 4: Kick-to-kick with parent/partner

Child holds the ball with two hands and faces his/her parent. Child takes one step and kicks to the parent, who catches the ball and kicks it back.



Teaching points

- Hold the ball in both hands with fingers spread evenly along each side.
- Step and kick the ball.



Picking up: Stationary ball

Teaching points for picking up a stationary ball

Pick-up: stationary ball

1. Keep eyes on the ball at all times.
2. Body in line behind the ball in a semi-crouched position.
3. Extend arms with fingers almost touching the ground, palms towards the ball.
4. Pick up the ball cleanly with both hands.

Session overview

Warm-up 5

Whistle drill

Children run within playing field until coach blows the whistle, at which time children must stop, look and listen. The coach then gives the next instruction, eg. children skipping, hopping and walking backwards.

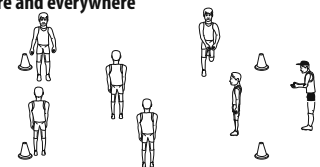
Here, there and everywhere

Coach designates four corners of playing field as 'THERE', inside the playing area as 'EVERYWHERE', and themselves as 'HERE'. Children are sent off running in playing field. Coach blows whistle and calls out a destination, which children must get to quickly.

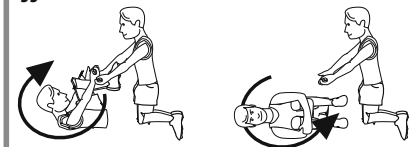
Egg roll

Children form egg shapes by lying on their back and hugging their knees to their chin on their chest. Partners then roll the child to the left and the right. Swap over.

Here, there and everywhere



Egg roll



Revision activity Step and kick

8 Helper coach
6 children

Skill activity 1 Dribbling

8 Helper coach
6 children

Skill activity 2 Stationary pick-up

8 Helper coach
6 children

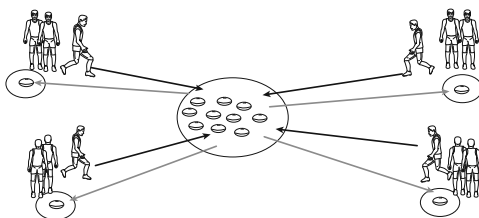
Skill activity 3 Tunnel ball

8 Helper coach
6 children

CHILDREN ARE TO ROTATE THROUGH THE 4 ACTIVITIES

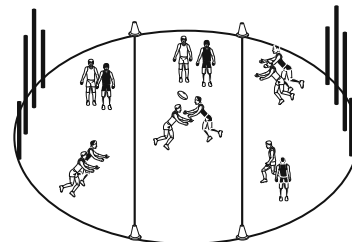
Skill game: Rob the nest 12 children, 4 teams of 3

- Divide children into four groups of even numbers. Place all balls in the middle of the playing area, spacing them well apart. At the sound of the whistle, children converge on balls, taking one at a time back to their corner (nest). When there are no balls left in the middle, children may rob other nests.
- At the start of the game, the coach may ask children to move in certain ways while retrieving balls, such as hopping out to ball or rolling the ball back to nest.
- At the end of the game, children count the balls. The team with the most balls at the end are the winners. Repeat.

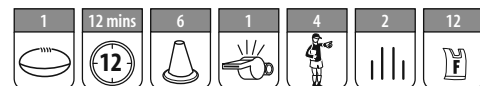


AFL Auskick grid game 12 children, 2 teams of 6

- Children to stay in their zones (rotate players each quarter)
- No diving on the ball.
- No bumping or tackling once a child gains possession. Other players are to back off, so the child can kick or handball.
- Mark is awarded irrespective of distance travelled.
- Try to give **all** children a kick of the ball



Refer to full list of AFL Auskick rules on page 20 of Book 2: Coaching.

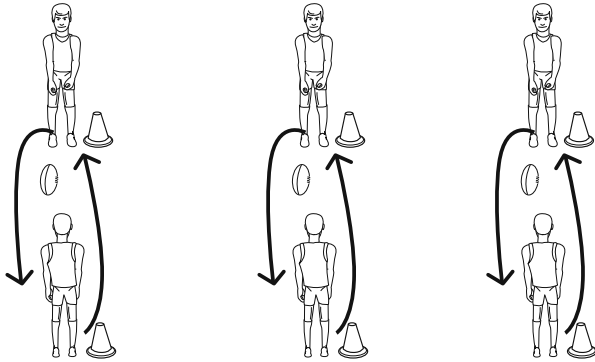


CHILDREN TO SWAP GAMES AFTER 12 MINUTES

Picking up: Stationary ball

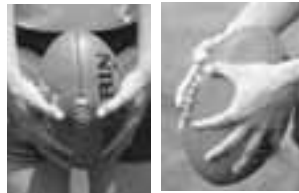
Revision activity: Step and kick

The child holds the ball with two hands (as per drop punt) and faces his/her partner. The child takes one step and kicks to the partner, who catches the ball and kicks it back.



Teaching points

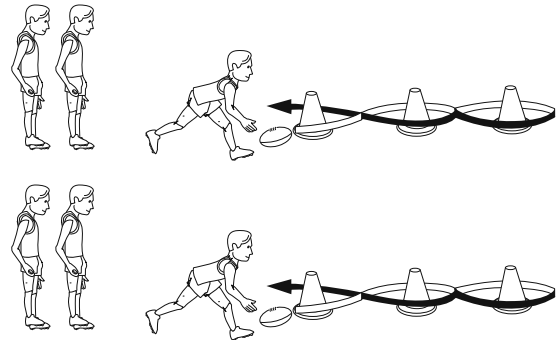
- Hold the ball in both hands with fingers spread evenly along each side.
- Step and kick the ball.



6	8 mins	6	1	1

Skill activity 1: Dribbling

Children roll a ball between the cones using the finger tips of both hands. **Variations:** use right or left hand only; foot dribble; relay races.



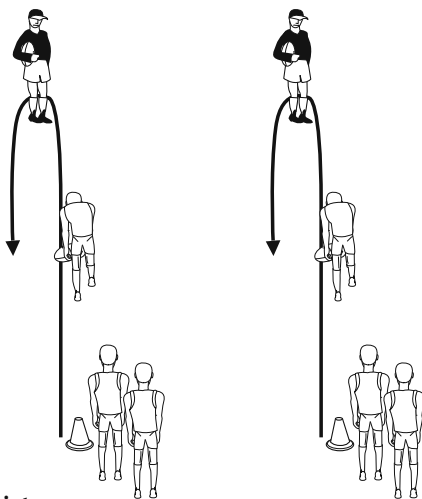
Teaching points

- Keep your body behind the ball.
- Bend your knees to get down to the ball.
- Keep hands close to the ball.

2	8 mins	6	1	1

Skill activity 2: Stationary pick-up

The child runs in and picks up the ball with two hands, runs around the helper coach, places the ball back in the middle, then returns to the end of the line.



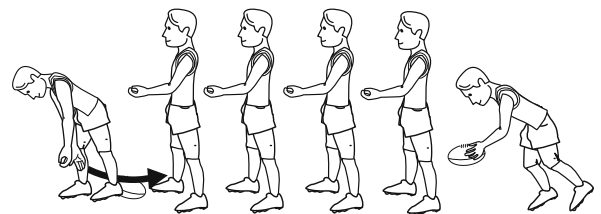
Teaching points

- Keep your body behind the ball.
- Bend your knees to get down to the ball.
- Keep your palms facing towards the ball.

2	8 mins	2	1	2

Skill activity 3: Tunnel ball

Children line up an arm's length apart with legs apart. Roll ball through all legs to the end of the line. Last child collects ball and runs to front of line. **Variation:** last child dribbles ball back to front of the line.



Teaching points

- Keep legs wide apart.
- Eyes on the ball as you roll it.
- **Last child** – bend your knees to get down to the ball and watch ball into your hands.

1	8 mins	1	1

SESSION 3

Catching

Teaching points for catching

1. Eyes focused on the ball.
2. Position your body in line with the ball.
3. Move forward to meet the ball.

Session overview

Warm-up 5

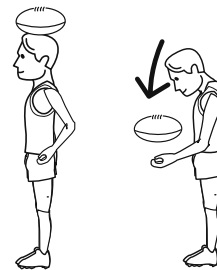
Scarecrow tiggly

Select five children or parents as taggers. They try to tag other children who, once tagged, become scarecrows, standing with their legs apart and arms outstretched. Scarecrows can only return to the game when another child crawls through their legs. Change taggers regularly.

React and catch

Child places a ball on head and hands on hips. The child is to catch the ball before it hits the ground.

React and catch



Revision Activity Stationary pick-up

8 Helper coach
6 children

Skill activity 1 Kick-to-kick with parent/partner

8 Helper coach
6 children

Skill activity 2 Catch and run

8 Helper coach
6 children

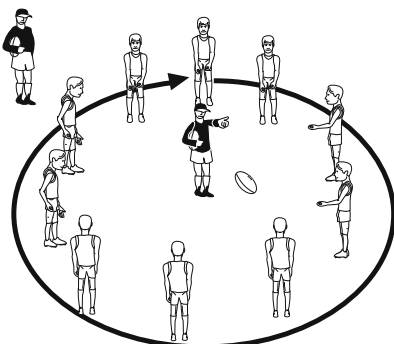
Skill activity 3 Semi-circle catch

8 Helper coach
6 children

CHILDREN ARE TO ROTATE THROUGH THE 4 ACTIVITIES

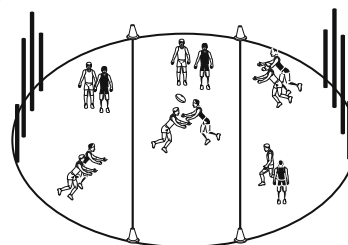
Skill game: Mr Sleepy Head 12 children

Children form a circle, with a helper coach in the middle. Helper coach has two balls and randomly throws the balls to the children, trying to catch them off guard. If a child drops the catch, they run around the circle back to their position. Children can throw the ball back to the helper coach only when he/she is looking.

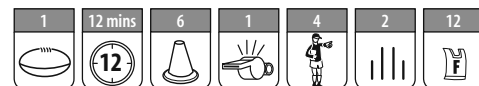


AFL Auskick grid game 12 children, 2 teams of 6

- Children to stay in their zones (rotate players each quarter)
- No diving on the ball.
- No bumping or tackling once a child gains possession. Other players are to back off, so the child can kick or handball.
- Mark is awarded irrespective of distance travelled.
- Try to give **all** children a kick of the ball



Refer to full list of AFL Auskick rules on page 20 of Book 2: Coaching.

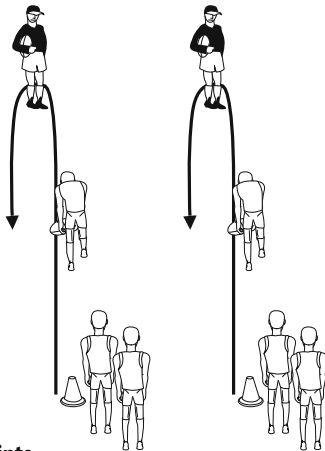


CHILDREN TO SWAP GAMES AFTER 12 MINUTES

Catching

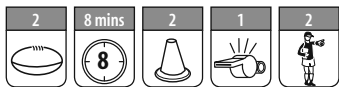
Revision activity: Stationary pick-up

Child runs in and picks up the ball with two hands, runs around the helper coach, places the ball back in the middle and goes to the end of the line.



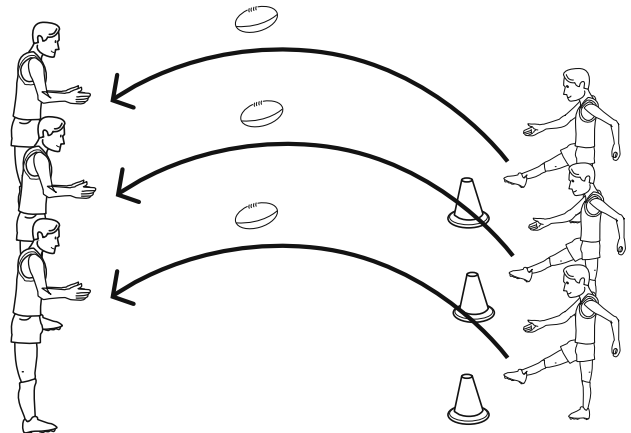
Teaching points

- Keep your body behind the ball.
- Bend your knees to get down to the ball.
- Palms towards the ball.



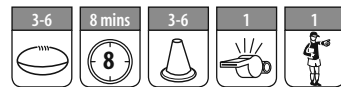
Skill activity 1: Kick-to-kick with parent/partner

Child holds the ball with two hands and faces his/her parent/partner. Child takes one step and kicks to the parent/partner, who catches the ball and kicks it back.



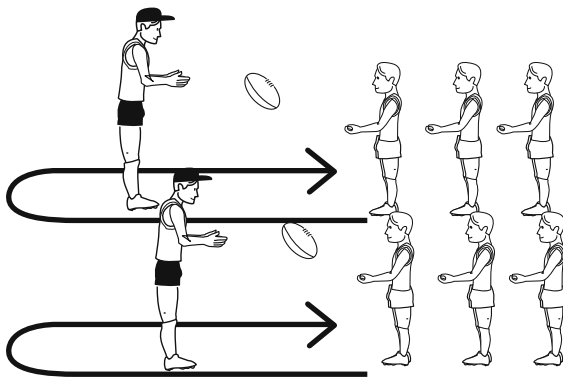
Teaching points

- Hold the ball in both hands with fingers spread evenly along each side.
- Guide the ball down with one hand.
- Step and kick the ball.



Skill activity 2: Catch and run

Children stand in a line. Helper coach throws the ball to the first child, who catches it on the chest. Child runs around the helper coach, back to the start of the line and throws the ball back to the helper coach. Child goes to the end of the line.



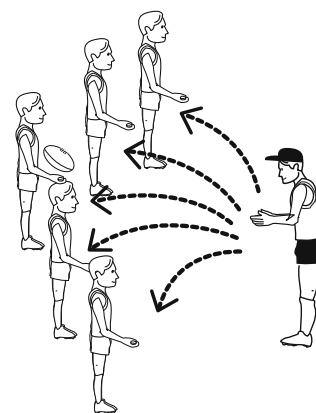
Teaching points

- Eyes focused on the ball.
- Step forward to catch the ball.
- Elbows tucked in, palms facing up. Hug the ball to your chest.



Skill activity 3: Semi-circle catch

Children form a semi-circle around the helper coach. The helper coach throws a ball to the first child and continues until all the children have had a go. Each child then has a turn at standing in the middle. Alternate between catching on the chest and in the hands.



Teaching points

- Eyes focused on the ball.
- **Chest mark:** elbows tucked in, palms facing up, hug the ball to your chest.
- **Hand mark:** fingers should be outstretched, pointing towards the ball. The thumbs are positioned behind the ball. The ball is firmly gripped by the fingers.



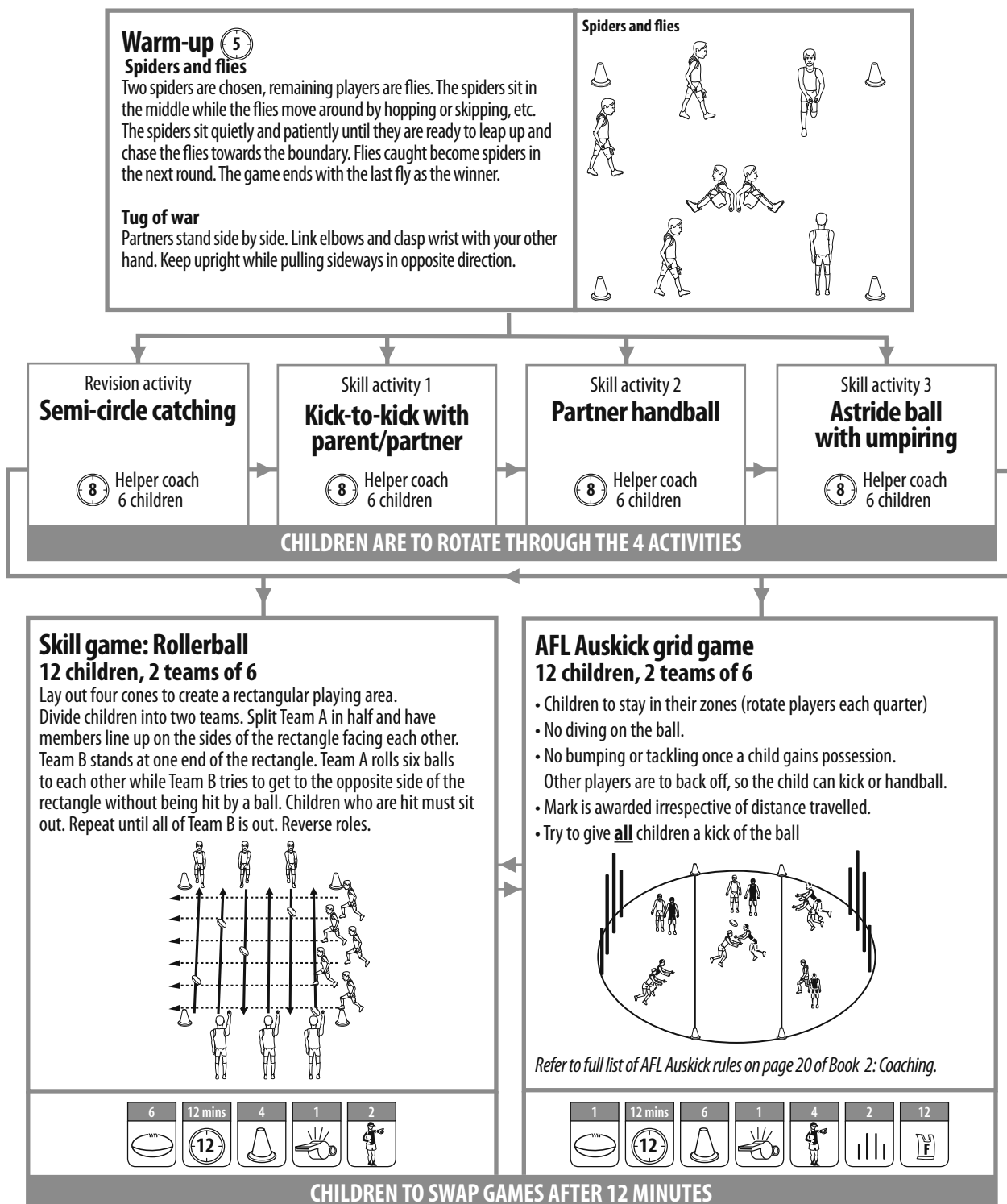
SESSION 4

Handballing

Teaching points for handballing

1. The ball must rest on the platform hand and be hit with a clenched fist. Beginning players should have their eyes on the ball.
2. Make the punching fist by placing the thumb outside the fingers.
3. Stand nearly side on to allow the punching arm to swing through freely.
4. For a right-handed handball, the left foot is forward, and vice-versa.
5. After making contact with the ball, the fist stays on the platform hand – “catch the fist”.

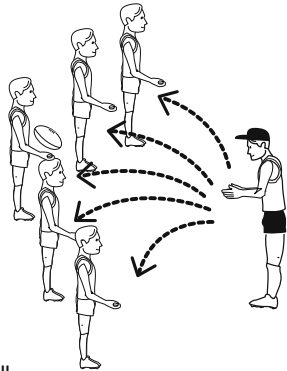
Session overview



Handballing

Revision activity: Semi-circle catching

Children form a semi-circle around the helper coach. The helper coach throws a football to the first child and continues until all the children have had a go. Each child then has a turn at standing in the middle. Alternate between catching on the chest and catching in the hands.



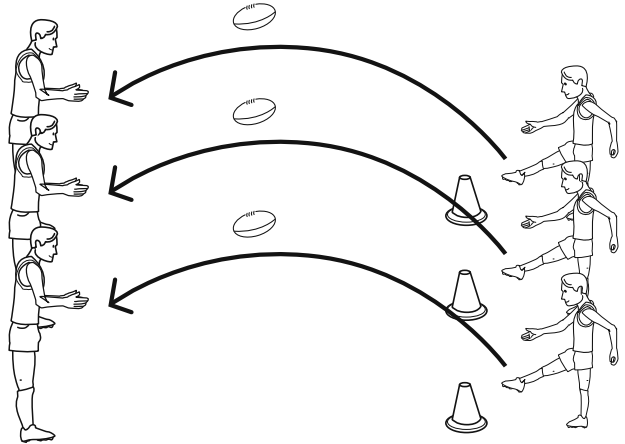
Teaching points

- Eyes focused on the ball.
- **Chest mark:** elbows tucked in, palms facing up, hug the ball to your chest.
- **Hand mark:** fingers should be outstretched, pointing towards the ball. The thumbs are positioned behind the ball. The ball is firmly gripped by the fingers.



Skill activity 1: Kick-to-kick with parent/partner

Child holds the ball with two hands and faces his/her parent. Child takes one step and kicks to the parent or partner, who catches the ball and kicks it back.



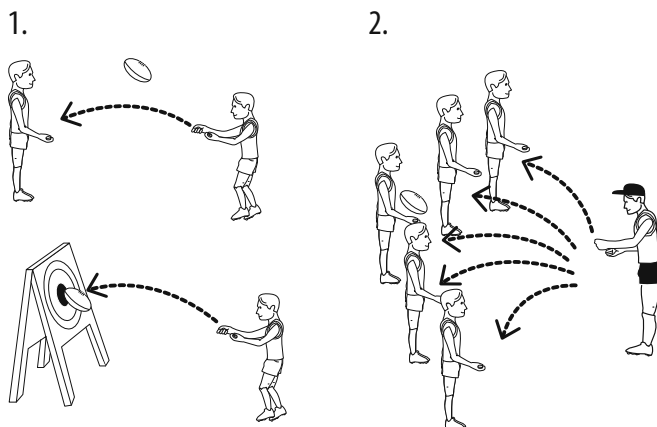
Teaching points

- Hold the ball in both hands with fingers spread evenly along each side.
- Step and kick the ball.



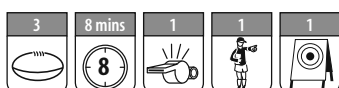
Skill activity 2: Partner handball

1. Pairs stand close one to two metres apart and handball back and forth. **Variation:** use NAB AFL Auskick handball targets.
2. Helper coach handballs to children who are standing in a semi-circle. Children to take the helper coach's place while the helper coach assists with technique.



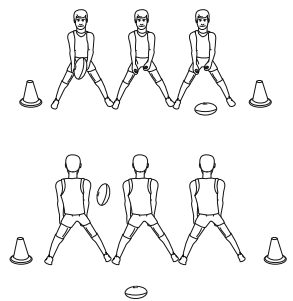
Teaching points

- Hit the ball with a clenched fist off the platform hand.
- Follow through in the direction of the target; "catch the fist".



Skill activity 3: Astride ball with umpiring

Two teams line up facing each other about two metres apart. Child have feet wide apart, touching the feet of the players next to them. The object is to get the ball through the opponent's legs to score one point. Children should not move their feet and can block the ball with their hands. Players with the ball have five seconds to play the ball. Start with the children throwing the ball underarm with two hands and progress to handballing. The team scoring the most points wins. Helper coaches/parents retrieve balls for children so children do not have to leave formation. **Variations:** use a circular formation; handball only; have children umpire the game.



Teaching points

- When handballing, hit the ball with a clenched fist off the platform hand.
- Follow through in the direction of the target; "catch the fist".



SESSION 5

Rolling, leaping and landing

Teaching points for rolling, leaping and landing

Rolling: Body tucked up as tightly as possible. Keep chin tucked in to chest.

Leaping: Focus eyes forward throughout the leap. Drive upwards with arms and non-take-off leg. Land on whole foot.

Landing: Land with control and balance. Make contact with balls of feet, then heels, flex knees, then hips.

Session overview

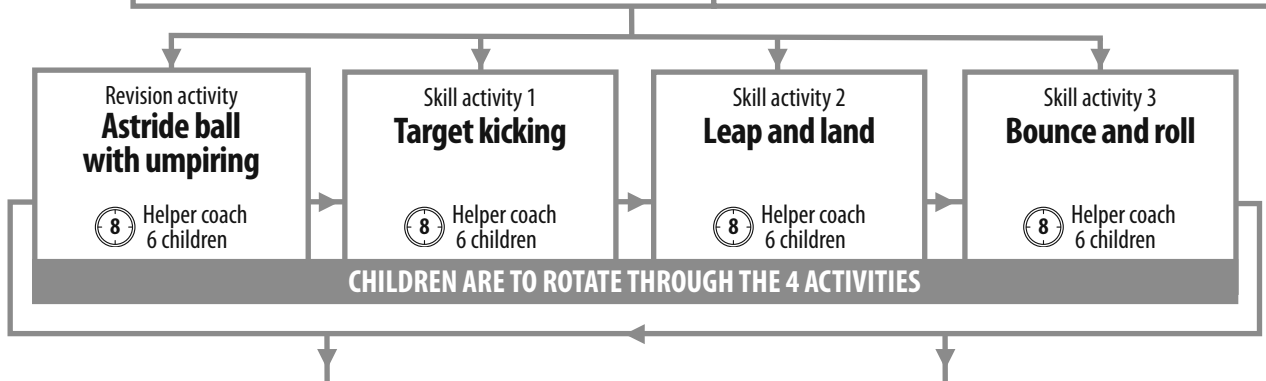
Warm-up 5

Rucks and rovers with umpiring

The game is played in an open space with marked boundaries. The distance between boundaries depends on the numbers participating. All players line up on one boundary (designated "Rucks") and face the opposite boundary (designated "Rovers"). Players must move between both boundaries according to commands from the helper coach who stands in the middle. Movement can include jogging, running, hopping, jumping and skipping.

Commands

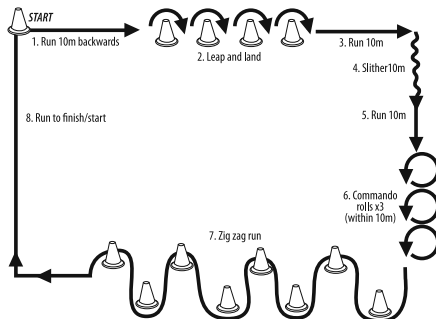
- "Rucks" – All run to a boundary designated "rucks".
- "Rovers" – All run to a boundary designated "rovers".
- "Umpy on ground" – Stand still and salute coach.
- "Raise the run-through" – Players stand still and pull an imaginary rope to raise the team banner.
- "Match starts" – Continuous jogging on the spot while shaking hands with a partner.
- "Mark" – Continuous high jumps off alternative feet to take imaginary high mark.
- "Huddle" – Players form groups of designated numbers.
- "Huddle five" – Five players huddle together.
- "Hit the deck" – Players lie on their stomachs.
- "Half time" – Players lie on their backs.
- "Coach speaks" – Stand still, hands on hips, lean forward.
- "Ring the bell" – Players stand still and ring an imaginary bell.
- "Freeze" – All players stand still. No movement is permitted.



Skill game: Commando course

The following course can be set out in any form appropriate to the area – linear, circular, rectangular or a combination of all.

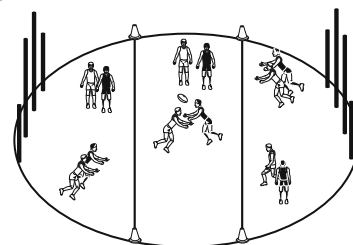
1. Run 10 metres backwards.
2. Leap and land four times.
3. Run 10 metres.
4. Slither on tummy for five metres.
5. Run 10 metres.
6. Do three commando rolls, within 10 metres.
7. Zigzag run around six markers, within 10 metres.
8. Run back to the start.



12 mins	12	1	1

AFL Auskick grid game 12 children, 2 teams of 6

- Children to stay in their zones (rotate players each quarter)
- No diving on the ball.
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- Mark is awarded irrespective of distance travelled.
- Try to give **all** children a kick of the ball



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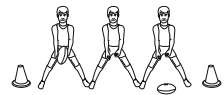
1	12 mins	6	1	4	2	12

CHILDREN TO SWAP GAMES AFTER 12 MINUTES

Rolling, leaping and landing

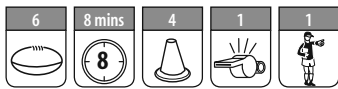
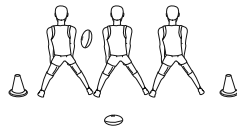
Revision activity: Astride ball with umpiring

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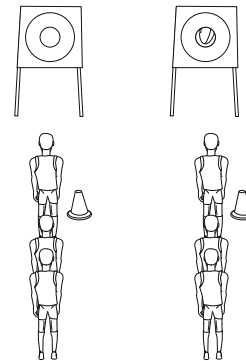
Teaching points

- When handballing, hit the ball with a clenched fist off the platform hand.
- Follow through in the direction of the target; "catch the fist".



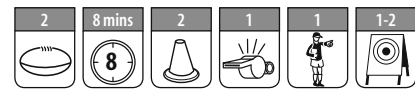
Skill activity 1: Target kicking

Children form two lines and kick at a NAB AFL Auskick target. Once the child kicks the ball, he/she runs to collect the ball and handballs to the next child before returning to the end of the line. **Variations:** alter the distance from the target; vary the angle.



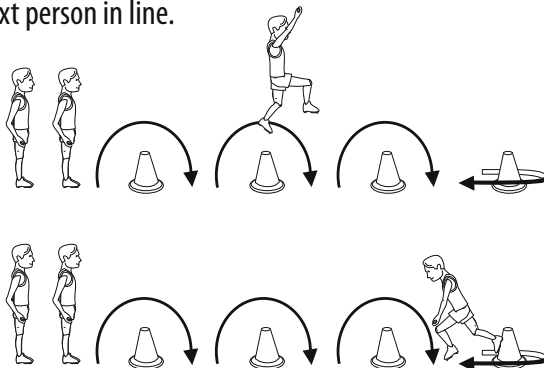
Teaching points

- Hold the ball in both hands with fingers spread evenly along each side.
- Look at the target, then the ball.
- Step and kick the ball.



Skill activity 2: Leap and land

Place four cones in a line. Children leap over the first three cones (pushing off on one foot, aiming for maximum height and landing on the other foot), run around the last cone, then run back to the start. The child tags the next person in line, who repeats the circuit. **Variations:** repeat activity with children carrying a ball, which is handballed to the next person in line.



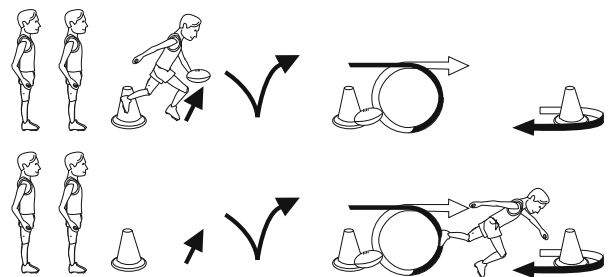
Teaching points

- Land with control and balance.
- Focus eyes forward during each leap.



Skill activity 3: Bounce and roll

The first child runs to cone, picks up ball with two hands, bounces, places ball at next cone, does a commando roll, gets to feet, continues around last cone, picks up ball and replaces it at first cone.



Teaching points

- Body tucked up as tightly as possible.
- Keep chin tucked into the chest when rolling.



SESSION 6

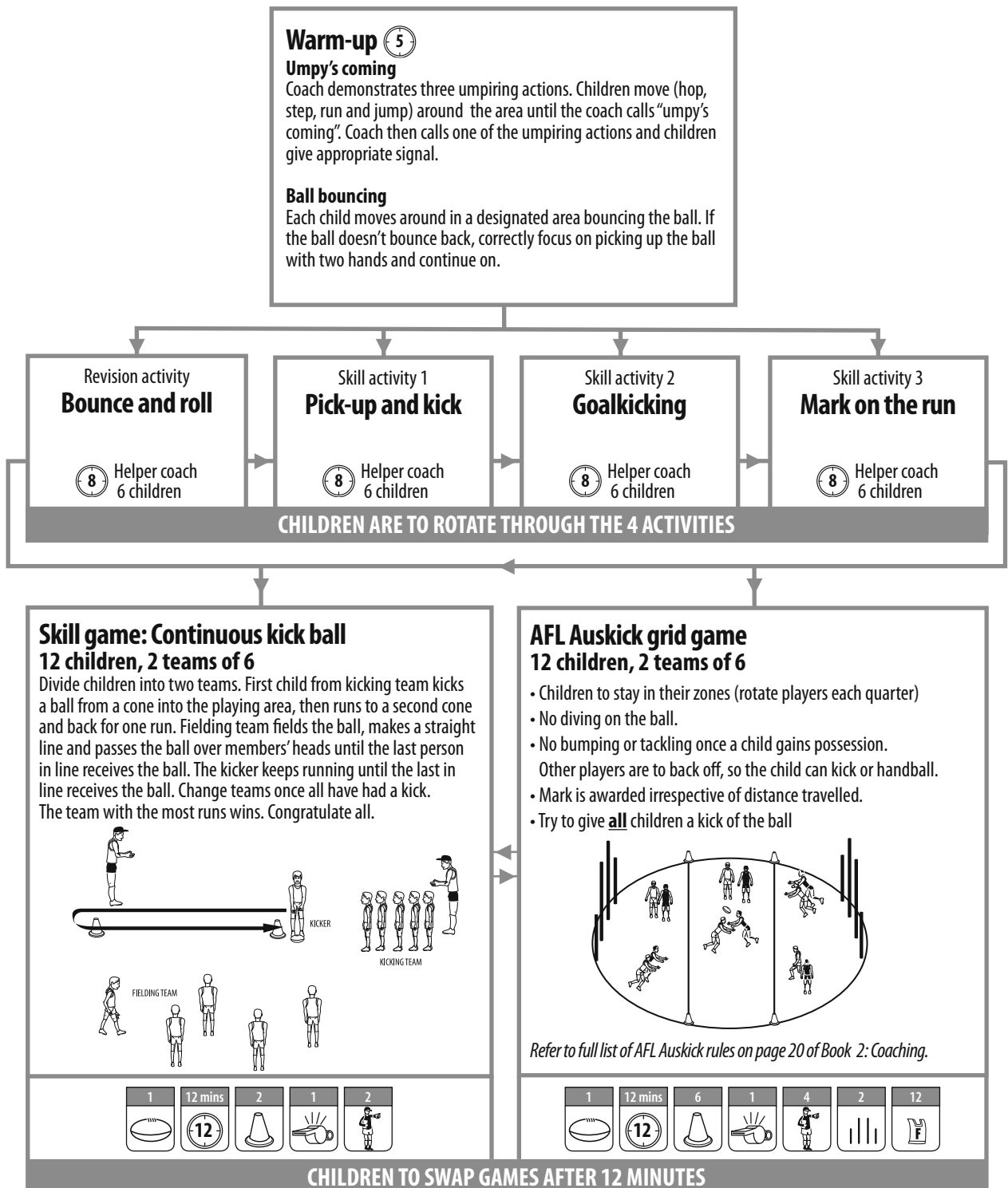
Kicking: Drop punt

Teaching points for drop punt

1. Line up the ball with your target. Have your head bent slightly over the ball.
Hold the ball over the thigh of the kicking leg.
2. Guide the ball down with one hand – same side as the kicking leg.
3. Point your toes at your target – see the ball hit the foot.
4. Follow through straight towards the target.



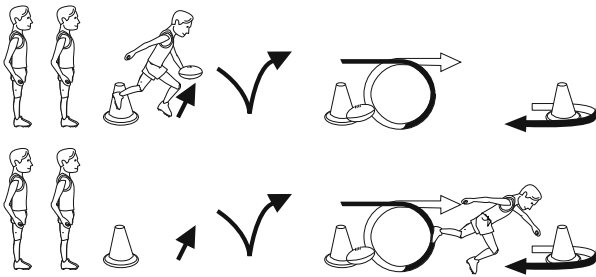
Session overview



Kicking: Drop punt

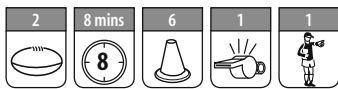
Revision activity: Bounce and roll

The first child runs to cone, picks up ball with two hands, bounces, places ball at next cone, does commando roll, gets to feet, continues around last cone, picks up ball and replaces at first cone.



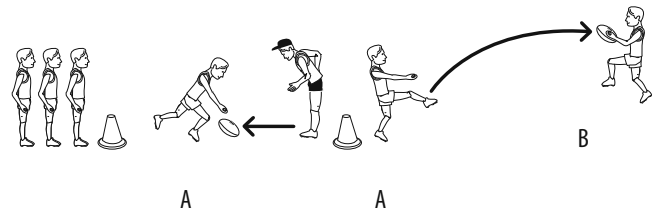
Teaching points for rolling

- Body tucked up as tightly as possible.
- Keep chin tucked into the chest when rolling.



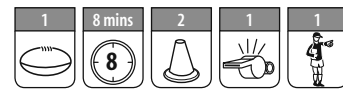
Skill activity 1: Pick-up and kick

Child A runs out to receive the ball rolled by the helper coach, picks it up with two hands, runs to the next cone and kicks to a child B. Child B marks, runs back with the ball and handballs to the helper coach before going to the end of the line. Child A replaces child B.



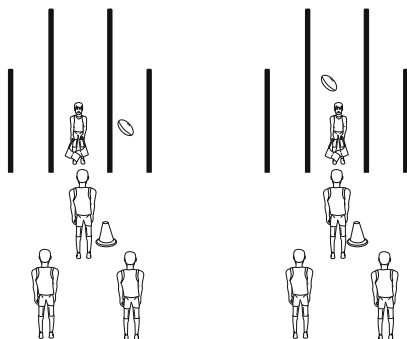
Teaching points

- After picking up ball, straighten up your body while running towards the target (child B) and kick to the target.



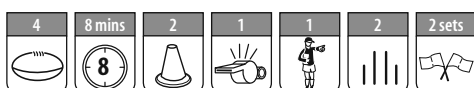
Skill activity 2: Goalkicking

Divide children into two groups with a set of portable goals and two balls for each group. Children take it in turns to shoot for goal from various distances and angles. Each child retrieves the ball once kicked. A child from each group is required to be the goal umpire, who signals the score and waves the flags (rotate children).



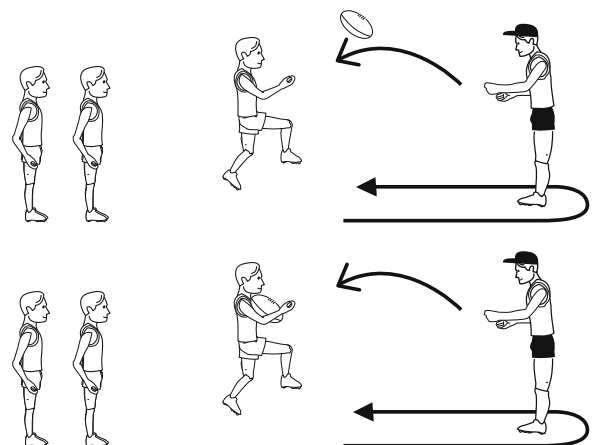
Teaching points

- Choose target behind the goals.
- Run straight towards the target.
- Follow through with your kicking leg towards the target.



Skill activity 3: Mark on the run

Helper coach throws ball underarm to child running forward, who marks ball on chest. Child handballs to the helper coach and continues running around the helper coach.



Teaching points

- Eyes focused on the ball.
- Body behind the flight of the ball.
- **Chest mark:** elbows tucked in, palms facing up, hug the ball to your chest.



SESSION 7

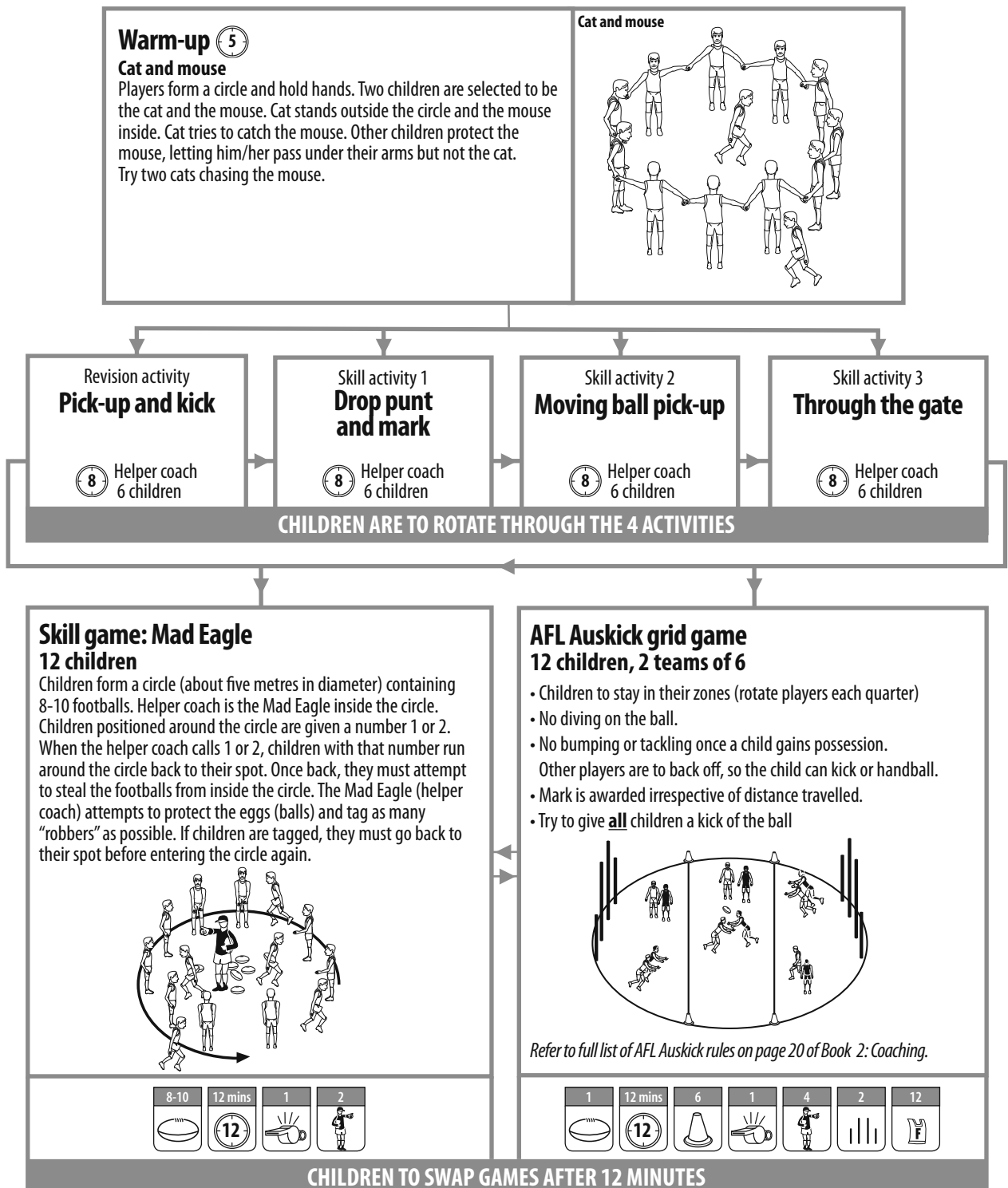
Picking up/ground skills

Teaching points for picking up/ground skills

Pick-up: stationary ball

1. Keep eyes on the ball at all times.
2. Body in line behind the ball in a semi-crouched position.
3. Extend arms with fingers almost touching the ground, palms towards the ball.
4. Pick up the ball cleanly with both hands.

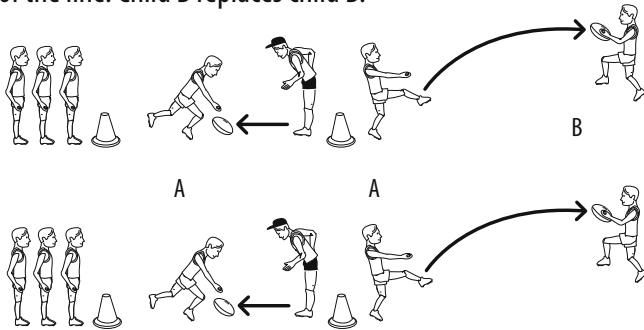
Session overview



Picking up/ground skills

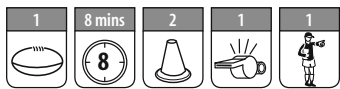
Revision activity: Pick-up and kick

Child A runs out to receive the ball rolled by the helper coach, picks it up with two hands, runs to the next cone and kicks to child B. Child B marks, runs back with the ball and handballs to the helper coach before going to the end of the line. Child B replaces child A.



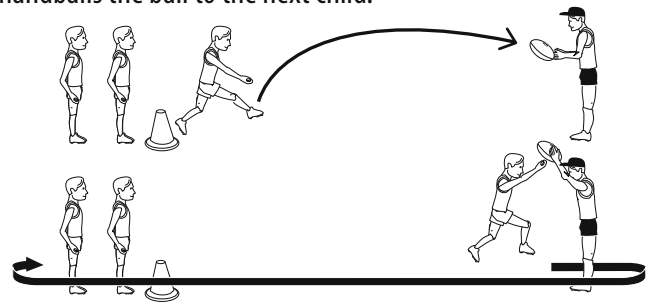
Teaching points

- After picking up ball, straighten your body while running towards the target (child b) and kick to the target.



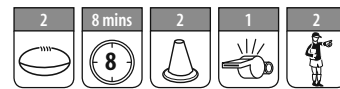
Skill activity 1: Drop punt and mark

Child walks/runs and kicks the ball to the helper coach. Child then follows the ball forward. The helper coach holds the ball high and the child leaps off the ground to take a high mark. The child runs around the helper coach and handballs the ball to the next child.



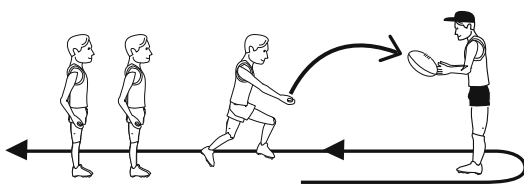
Teaching points

- Hold the ball in both hands with fingers spread evenly along both sides.
- Move in a straight line towards the target.
- Guide the ball down with one hand.
- Point your toes at the target.
- Follow through straight towards the target.



Skill activity 2: Moving ball pick-up

Child jogs to meet ball rolled by helper coach. Using two hands, the child picks up the ball, handballs back to the helper coach, runs around the helper coach before returning to the end of the line. **Variations:** helper coach rolls the ball on its side, end over end, on an angle, etc; child picks up the ball and bounces it before handballing to the helper coach.



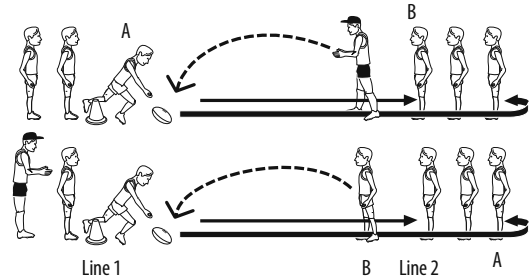
Teaching points

- Keep your eyes on the ball at all times.
- Body in line with the path of the ball in a semi-crouched position.
- Extend arms and hands with fingers almost touching the ground, palms towards the ball.
- Pick up the ball cleanly with both hands.
- Bring ball to handball position.



Skill activity 3: Through the gate

Divide group in half with the helper coach standing between the two groups of children. The helper coach handballs to child A. Child B puts the ball on the ground and dribbles it between the helper coach's legs. Once through the helper coach's legs, child A picks up the ball and handballs to child B then runs to the end of line 2. The helper coach moves to the end of line 1. Child B replaces the helper coach in the centre.



Teaching points

- Keep your eyes on the ball.
- Body in line behind the ball in a semi-crouched position.
- Use finger tips to control the ball while dribbling.
- Pick up the ball cleanly with both hands.

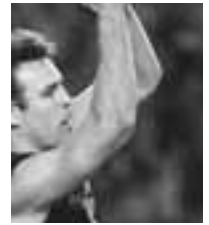


SESSION 8

Marking

Teaching points for marking

1. Eyes focused on the ball.
2. Position your body in line with the ball.
3. Move forward to meet the ball.
4. (a) **Chest mark:** Fingers and hands extended, elbows tucked in, palms facing up, hug the ball to the chest.
(b) **Hand mark:** Fingers outstretched and pointing to the ball, thumbs behind the ball, long arms.



Session overview

Warm-up 5

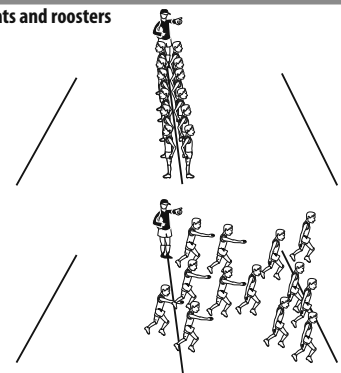
Numbers

Children run around in a designated area and helper coach calls out instructions to children, for example, hop, skip, imitate taking a mark or kick. Helper coach blows the whistle, calls a number and children form a group of that number. Finish with the number two so that children have partners for the next activity.

Rats and roosters

Divide players into two teams. Team A stands on one side of the line, Team B on the other. Team A is the Rats, Team B the Roosters. Three lines are placed on the ground, one for the teams and two more on either side of each team, 10 to 12 metres from the players. When a team's name is called, all run from their centre to their line. If Rats is called, they run to the line on their side and the Roosters chase them. Points are scored for each child who makes it behind the line before being tagged.

Rats and roosters



Revision activity Moving ball pick-up

8 Helper coach
6 children

Skill activity 1 Drop punt & mark

8 Helper coach
6 children

Skill activity 2 Mark on the run

8 Helper coach
6 children

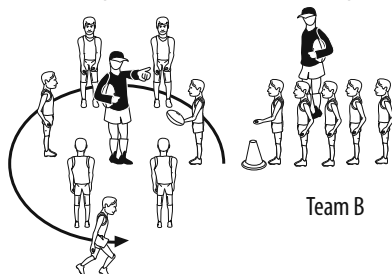
Skill activity 3 Umpire throws

8 Helper coach
6 children

CHILDREN ARE TO ROTATE THROUGH THE 4 ACTIVITIES

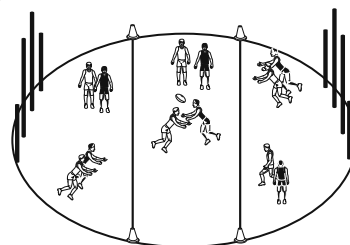
Skill game: Circle race 12 children, 2 teams of 6

Divide children into two teams of six. Team A forms a circle with the helper coach in the middle. Team B lines up behind a cone. On "go", Team A must handball the ball through the helper coach to every member of the circle twice, while Team B members run around the circle one at a time. Each time a Team B member returns to the cone, he/she scores one point. Repeat. After Team A has passed the ball around the circle twice, Team B counts its points. Change roles and repeat. The team with the most points win.

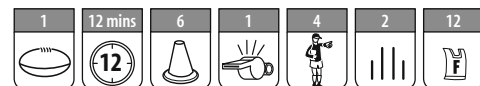


AFL Auskick grid game 12 children, 2 teams of 6

- Children to stay in their zones (rotate players each quarter)
- No diving on the ball.
- No bumping or tackling once a child gains possession. Other players are to back off, so the child can kick or handball.
- Mark is awarded irrespective of distance travelled.
- Try to give **all** children a kick of the ball



Refer to full list of AFL Auskick rules on page 20 of Book 2: Coaching.

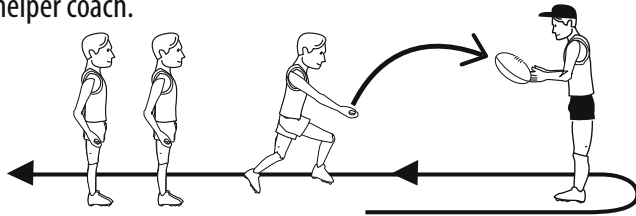


CHILDREN TO SWAP GAMES AFTER 12 MINUTES

Marking

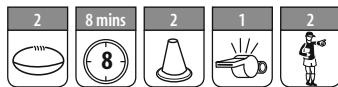
Revision activity: Moving ball pick-up

Child jogs to meet ball rolled by helper coach. Using two hands, the child picks up the ball, handballs back to the helper coach, runs around the helper coach before returning to the end of the line. **Variations:** helper coach rolls the ball on its side, end over end, on an angle, etc; child picks up the ball and bounces it before handballing to the helper coach.



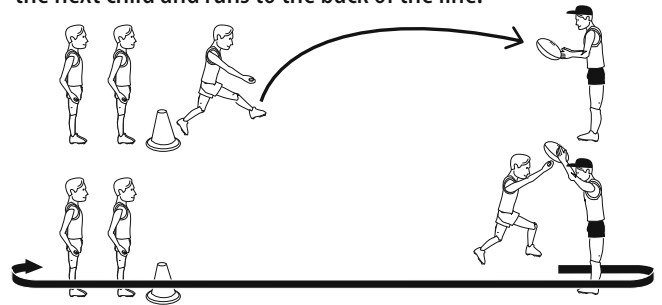
Teaching points

- Keep your eyes on the ball at all times.
- Body in line with the path of the ball in a semi-crouched position.
- Extend arms and hands with fingers almost touching the ground, palms towards the ball.
- Pick up the ball cleanly with both hands.
- Bring ball to handball position.



Skill activity 1: Drop punt and mark

Child walks/runs and kicks the ball to the helper coach, then follows the kick. The helper coach holds the ball high and the child leaps off the ground to take a high mark. Child runs around the helper coach, handballs the ball to the next child and runs to the back of the line.



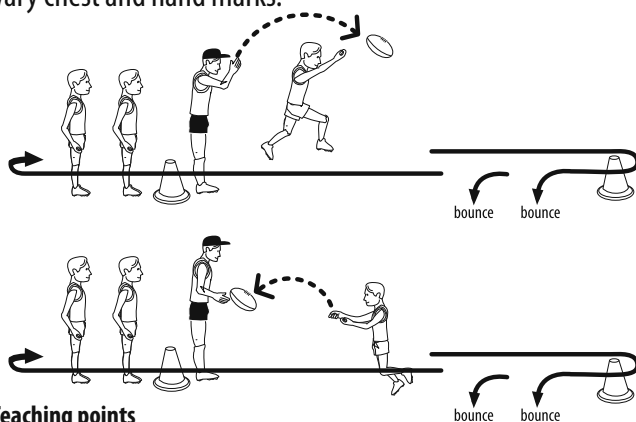
Teaching points

- Line up the ball with your target. Have your head bent slightly over the ball.
- Hold the ball over the thigh of the kicking leg.
- Guide the ball down with one hand.
- Point your toes at the target. See the ball hit the foot.
- Follow through straight towards the target.



Skill activity 2: Mark on the run

Helper coach stands beside the line of children and throws the ball up high. First child runs out, marks the ball, runs around the cone, bounces the ball twice, handballs to the helper coach and returns to the end of the line. Vary chest and hand marks.



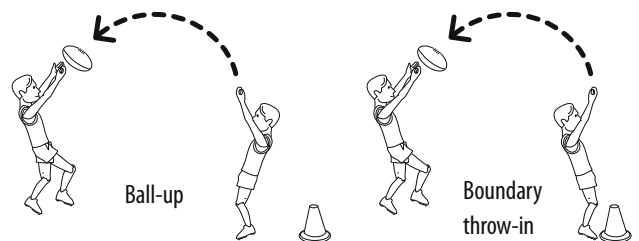
Teaching points

- Eyes focused on the ball.
- Position your body in line with the flight of the ball.
- Fingers outstretched pointing to the ball, thumbs behind the ball, arms long.
- Mark the ball as high as possible.



Skill activity 3: Umpire throws

In pairs, one child throws the ball high into the air (like a ball-up) 10 times while the partner marks the ball. Repeat activity using overhead boundary throw-ins.



Teaching points for marking

- Eyes focused on the ball.
- Position your body in line with the flight of the ball.
- Mark the ball cleanly on chest or in hands.

Teaching points for boundary throw-in

- Stand with feet shoulder width apart, facing away from the direction of the throw.
- Cradle one end of the ball in the throwing hand with the other hand on top of the ball.
- Bend forward at the hips and knees, then quickly spring up and back.
- Release the ball just above the eyes.



SESSION 9

Handballing

Teaching points for handballing

1. Keep your eyes on the ball and line up the body with the flight of the ball.

Hand mark:

- The fingers should be outstretched, pointing towards the ball. The thumbs are positioned behind the ball.
- The arms must be extended – “long arms”.
- The ball is firmly gripped with the fingers.

Overhead mark:

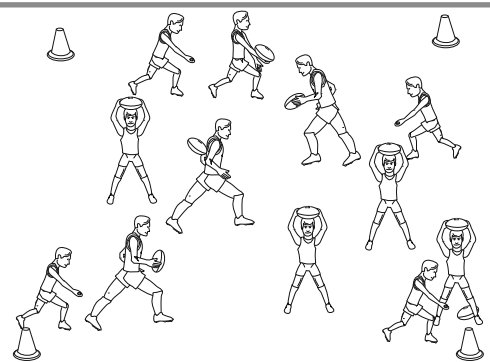
- Jump off one foot and swing the other knee up to gain maximum height.
- Fingers outstretched and thumbs almost together – W position.
- The ball is met slightly in front of the head with arms extended – “long arms”. It should be firmly gripped in the fingers.

Session overview

Warm-up 5

Stuck in the mud (parent and child activity)

In a designated area, all children and parents have balls, except for three who are “it”. The aim of the game is to tag others. When a person is tagged, he/she must stand with the ball above their head and legs apart. To free a tagged person, a ball must be rolled through his/her legs and regathered. **Variation:** tag using a handball.



Revision activity Mark on the run

8 Helper coach
6 children

Skill activity 1 Kick, mark and run

8 Helper coach
6 children

Skill activity 2 Handball lanes

8 Helper coach
6 children

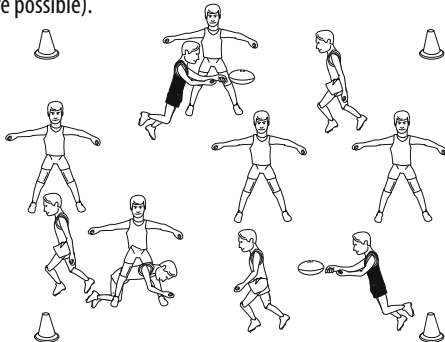
Skill activity 3 Circle spin with running

8 Helper coach
6 children

CHILDREN ARE TO ROTATE THROUGH THE 4 ACTIVITIES

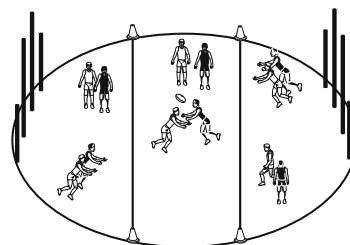
Skill game: Handball tag 12 children

Select three children as taggers. They try to tag other children by handballing below the waist. Once tagged, the children become scarecrows, standing with their feet apart and arms outstretched. Scarecrows can return to the game only when another child crawls between their legs. Change taggers regularly and involve parents (where possible).

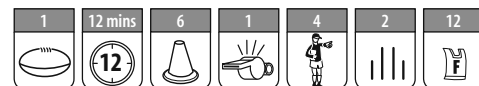


AFL Auskick grid game 12 children, 2 teams of 6

- Children to stay in their zones (rotate players each quarter)
- No diving on the ball.
- No bumping or tackling once a child gains possession. Other players are to back off, so the child can kick or handball.
- Mark is awarded irrespective of distance travelled.
- Try to give **all** children a kick of the ball



Refer to full list of AFL Auskick rules on page 20 of Book 2: Coaching.

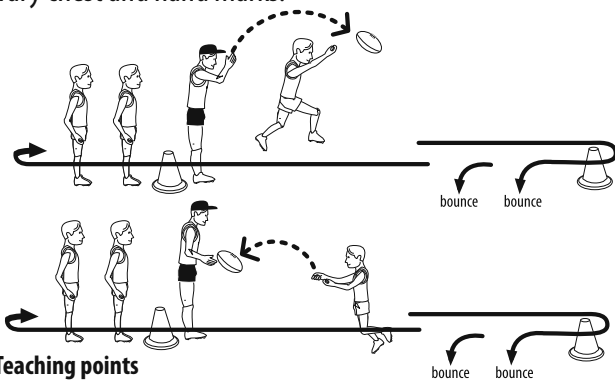


CHILDREN TO SWAP GAMES AFTER 12 MINUTES

Handballing

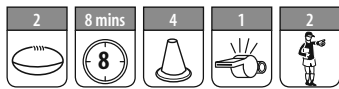
Revision activity: Mark on the run

Helper coach stands beside the line of children and throws the ball up high. The first child runs out, marks the ball, runs around the cone, bounces the ball twice, handballs to the helper coach and returns to the end of the line. Vary chest and hand marks.



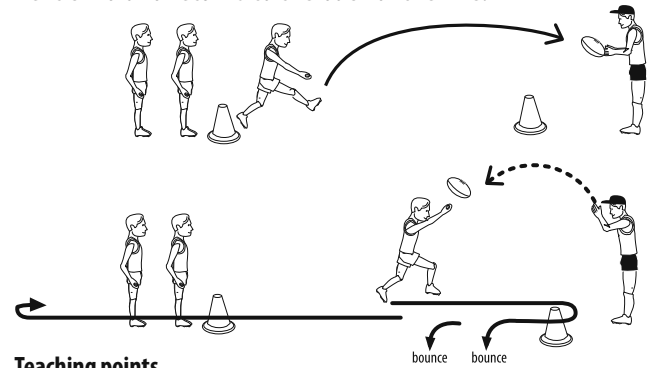
Teaching points

- Eyes focused on the ball.
- Position your body in line with the flight of the ball.
- Fingers outstretched pointing to the ball, thumbs behind the ball, arms long.
- Mark the ball as high as possible.



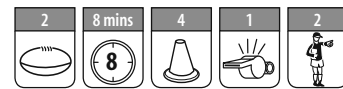
Skill activity 1: Kick, mark and run

First child runs and kicks the ball to the helper coach. The helper coach throws ball in the air, the child marks, runs around the cone, bounces the ball, handballs to the next child and returns to the back of the line.



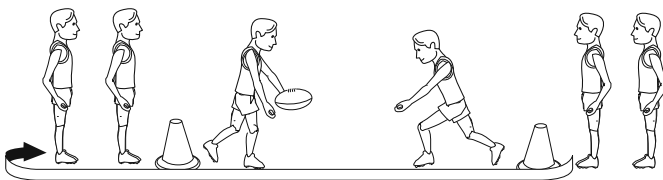
Teaching points

- Line up the ball with your target. Have your head bent slightly over the ball.
- Hold the ball over the thigh of the kicking leg.
- Guide the ball down with one hand.
- Point your toes at the target. See the ball hit the foot.
- Follow through straight towards the target.



Skill activity 2: Handball lanes

Children line up in two groups of three, about five metres apart. First child runs towards other line and handballs to the front child. **Variations:** increase speed, distance; use right and left hands; include parents for relay races.



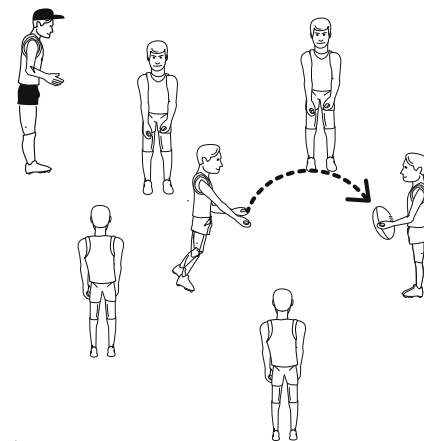
Teaching points

- Hit the ball with a clenched fist off the platform hand.
- "Catch the fist".



Skill activity 3: Circle spin with running

Children form a circle, with one child inside the circle at a time. The child inside the circle handballs to the children forming the circle. Repeat the activity with child in the circle walking, jogging, walking backwards, on knees, etc. The helper coach is to call the variation.



Teaching points

- Hit the ball with a clenched fist off the platform hand.
- Follow through in the direction of the target.



SESSION 10 Rolling, leaping and landing

Teaching points for rolling, leaping and landing

Landings are an important safety issue in sports and teaching children how to fall will help prevent injuries.

Absorb the forces sequentially to cushion the landing.

Landing on feet: Make contact with balls of feet, then heels; flex knees, then hips. Finish with feet shoulder width apart, body in motorbike position. When leaping (moving forward), land on whole foot.

Landing on hands: Make contact with fingers and palms, flex elbows and shoulders to absorb the force.

Session overview

Warm-up 5

Whistle drill

Children run in a designated area until coach blows the whistle, at which time the children must stop, look and listen for the next instruction. Continue with children skipping, hopping and walking backwards.

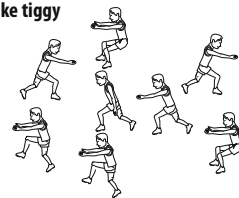
Motorbike tigg

Taggers are chosen. Children run around in a designated area. When tagged, the child must leap, taking off on one foot and landing on both feet, shoulder width apart in a motorbike position. Knees should be slightly bent, back straight and arms held in front of the body. Hold position for five seconds and continue.

Front fall

Pairs face each other in a kneeling position with arms outstretched (slightly bent) in front at shoulder level. Child slowly falls forward and uses hands and arms to break fall. Chest should end up flat on the ground with head to one side. Repeat. Parents can assist to help build child's confidence.

Motorbike tigg



Front fall



Revision activity Handball lanes

8 Helper coach
6 children

Skill activity 1 Kick and chase

8 Helper coach
6 children

Skill activity 2 Log roll; under and over

8 Helper coach
6 children

Skill activity 3 Keepings off

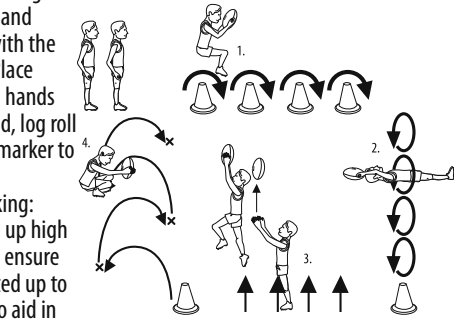
8 Helper coach
6 children

CHILDREN ARE TO ROTATE THROUGH THE 4 ACTIVITIES

Skill game: Leaping and rolling relay

Helper coaches set up four skills stations around a 10-metre square. Children work through the course in order: leap and land, log rolls, high marks and crouch and jump. When a child completes all stations, he/she goes to the back of the line.

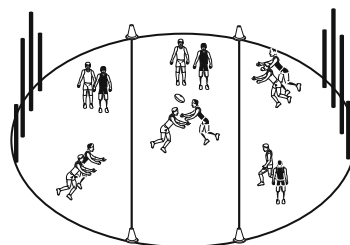
1. Leap and land
2. Log Roll with the football. Place football in hands above head, log roll from one marker to the next
3. High marking: throw ball up high and mark, ensure knee is lifted up to hip level to aid in achieving height, land on one foot and repeat.
4. Crouch and jump: at each marker, starting with a crouch, jump and crouch to each marker. When jumping, ensure body is in full stretch and in crouch position, with knees up against chest.



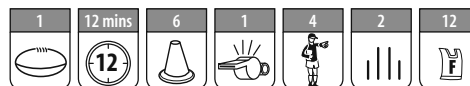
AFL Auskick grid game

12 children, 2 teams of 6

- Children to stay in their zones (rotate players each quarter)
- No diving on the ball.
- No bumping or tackling once a child gains possession. Other players are to back off, so the child can kick or handball.
- Mark is awarded irrespective of distance travelled.
- Try to give **all** children a kick of the ball



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CHILDREN TO SWAP GAMES AFTER 12 MINUTES