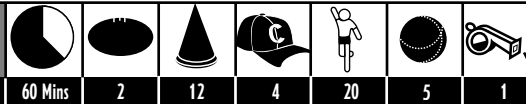


## FOR THIS SESSION YOU WILL NEED:



## WARM-UP



### WHISTLE DRILL:

Children run within playing field until coach blows the whistle, at which time children must stop, look and listen. Continue with children skipping, hopping and walking backwards. The last child to stop when the whistle is blown is out of the game.

### INDIVIDUAL ROLLING:

Children lay on their back and roll left to right. Children then lay on their back with their legs tucked up, chin on their chest, and roll left to right.

### PARTNER ROLLING:

Partners lay on ground head-to-toe and roll over each other left to right. One child then lays on their back while their partner rolls them left and right. Swap roles.

### GROUP ACTIVITY:



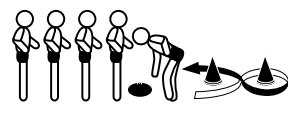

Divide children into two groups of 10. Both groups lay on their back side-by-side. First child in the line rolls over the rest of the group. Repeat until every child has had a turn.

## SKILL ACTIVITIES



### CIRCUIT GAME:

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

- Using fingertips, child rolls a round ball around a cone and returns to the end of the line. 
- Using inside of foot, child dribbles a round ball between two cones and returns. 
- Child walks backwards while weaving around cones, using their fingertips to roll a football. 
- Using fingertips, child rolls a football around a cone and returns. 

### TUNNEL RELAY:

Children stand in a single line behind each other with legs shoulder-width apart. Children roll a round ball between their legs using their hands, with the last child running the ball back to the front of the line. Repeat with the ball travelling under and over children.



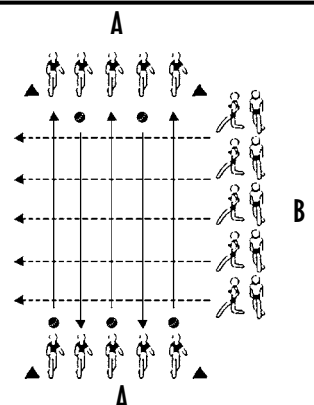
TIP: "Make sure children keep their eyes on the ball and maintain control. Go slow at first, then increase speed. Blow whistle to rotate."

## GAME TIME



### ROLLERBALL:

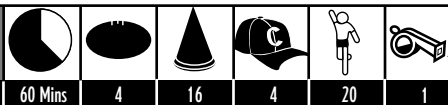
Lay out four cones to create a rectangular playing area. Divide children into two teams. Split Team A in half and have them line up on the long edges of the rectangle facing each other. Team B stands at one end of the rectangle. Team A rolls five balls to each other while Team B tries to get to the other end of the rectangle without being hit by a ball. Children who are hit must sit out. Repeat until all of Team B is out. Reverse roles.



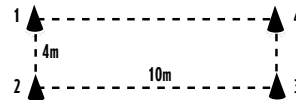
## WHAT THE SYMBOLS MEAN...



## FOR THIS SESSION YOU WILL NEED:



## WARM-UP



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

### PARTNER ACTIVITY:

Child throws a football underarm to their partner who catches. Repeat. Try sitting, kneeling, hopping, laying down etc.

### SCARECROW TAG:

Select five children 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 under their legs. Change taggers regularly.

### HOT POTATO:

Children stand side-by-side in a line. A football is passed along the line. The last child in the line takes the ball, runs to the other end of the line and the game repeats.

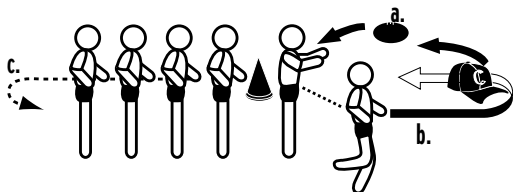
## SKILL ACTIVITIES



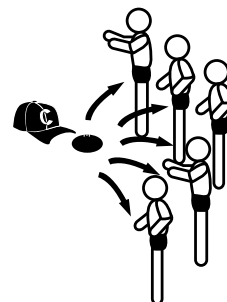
### CIRCUIT GAME:

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

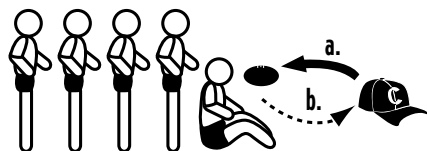
1. Children stand in a line. Coach throws a football to child (a) who catches on their chest. That child runs around coach (b), back to the start of the line and throws ball back to coach. Child then goes to end of line (c). Repeat.



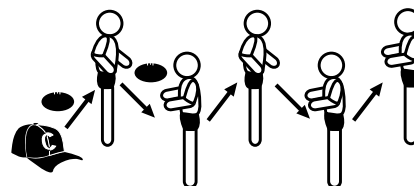
3. Children form a semi-circle around the coach. Coach throws a football to the first child and continues until all the children have had a go. Each child then has a go at standing in the middle.



2. Coach throws a football to first child (a). Child returns the ball (b) and sits. Continue until all children are sitting.



4. Children form a staggered line. The ball is passed zig-zag along the line and back again. Repeat.

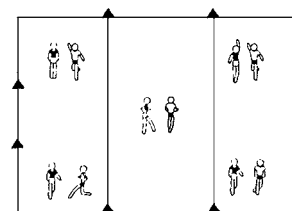


TIP: "Eyes must remain on the ball throughout catch. Hands move to meet ball. Fingers in butterfly position. Bend elbows to absorb force."

## GAME TIME



Refer to AFL Auskick Rules on page 20 of Book 2: Coaching.



TIP: "Always give clear and simple instructions. Applaud all efforts and discourage rough play."

### WHAT THE SYMBOLS MEAN...



## FOR THIS SESSION YOU WILL NEED:

60 Mins	10	16	4	20	10	1

## WARM-UP

15 Mins	4	4	20	1	10	10



### ANGRY CAT TIGGY:

Choose four children as taggers. Tagged children form an angry cat position, bent over forward with hands and feet on the ground and back arched. To rejoin the game, another child must crawl under the angry cat. Change taggers often.

### PARTNER ACTIVITIES:

Partners face each other approximately five metres apart. They then kick a round ball along the ground to each other. Count how many passes they can do before they mis-kick. Gradually move them further apart.

### KICK TO KICK:

Divide the group in half and have both groups line up facing each other. One side kicks footballs to the other and repeat. Gradually increase gap between the groups. Kick drop punt, left and right feet.

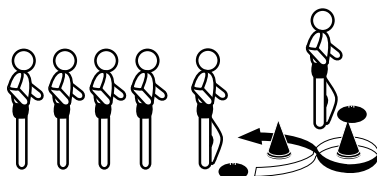
## SKILL ACTIVITIES

25 Mins	4	12	4	20	1

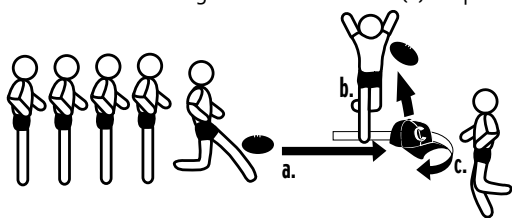
### CIRCUIT GAME:

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

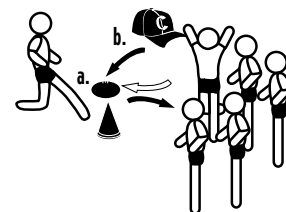
1. Child dribbles football with right and left insole of foot around cones and returns. Pass to next in line.



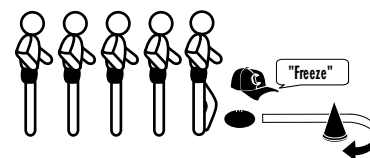
2. Child kicks football to coach and follows the ball (a). Coach holds ball high for child to mark (b). Child then runs around coach and gives to next in line (c). Repeat.



3. Children form semi-circle around a cone which has a football placed on top. First child walks in and kicks off cone to other children (a). Coach replaces ball (b). Repeat. Start with child walking in and progress to a run and kick. Ensure you distance fielders from the cone.



4. Around the cone child dribbles football with feet. Coach says "freeze" and child must stop ball. Continue to next child in line. Repeat.



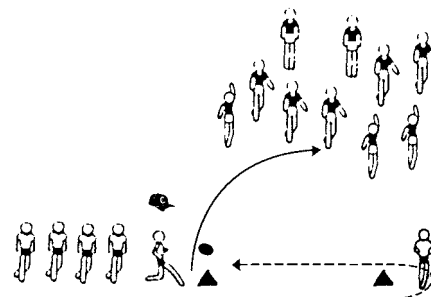
TIP: "Eyes remain on the ball when kicking. Step forward on non-kicking foot, bend knee of kicking foot. Ensure kicking leg follows through towards target."

## GAME TIME

20 Mins	1	2	5	20	1

### CONTINUOUS KICK BALL:

Divide children into two teams. First child from Team A kicks a football from a cone into the playing area, then runs to a second cone and back for one run. Kicker keeps running until coach receives the ball from Team B fielders. Change teams once all have had a kick. The Team with the most runs wins. Congratulate all.



TIP: "Effective skill learning activities are those that are not competitive in nature."

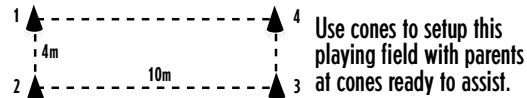
### WHAT THE SYMBOLS MEAN...

	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
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## FOR THIS SESSION YOU WILL NEED:



## WARM-UP



### LEAP FROG RELAY:

Children are positioned side-by-side with hands and feet on the ground and their back arched forward. While holding a round ball, the first child climbs under and then over the other children until they reach the end. Child then roll the balls back under the line and the next child repeats.

### UMPY'S COMING:

Coach demonstrates three umpiring actions. Children run, jump, skip or hop around playing area until coach calls "umpy's coming" and children must stop. Coach calls an umpiring action and children give the signal for that action. Repeat for all three actions.

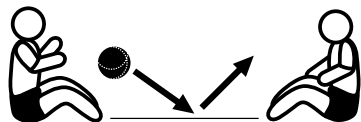
## SKILL ACTIVITIES



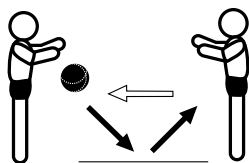
### CIRCUIT GAME:

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

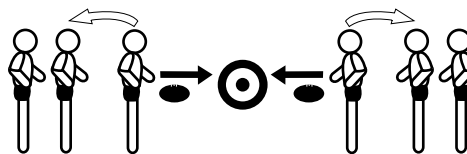
1. Child bounce passes a round ball to partner. Repeat sitting and kneeling. Ask children to count how many they can pass without fumbling.



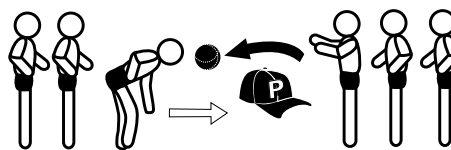
2. Child bounce passes ball to partner. Partner returns ball by chest passing. Rotate: Ask children to count how many passes they can perform without fumbling.



3. Coach divides the group in two and positions handball target between the groups. First child passes football through handball target to the other group and then runs to the end of the line.

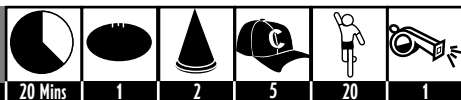


4. Coach divides the group in two with a parent in between groups. Child passes ball over parent to a child in the other group who then rolls it between the parent's legs. Repeat.



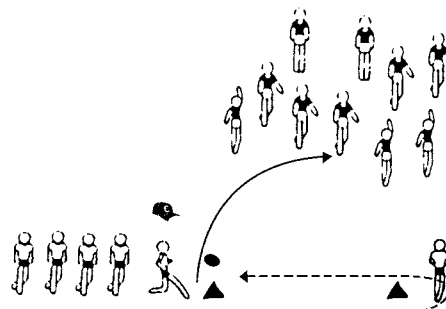
TIP: "Ensure children keep their eyes on the ball when passing. Use two hands to pass, pushing the ball towards target. Make sure fingers point toward target when ball is released. Step towards target for maximum force."

## GAME TIME



### CONTINUOUS KICK BALL:

Divide children into two teams. First child from Team A kicks a football from a cone into the playing area, then runs to a second cone and back for one run. Kicker keeps running until coach receives the ball from Team B fielders. Change teams once all have had a kick. The Team with the most runs wins. Congratulate all.



TIP: "Always have children gather in front of you. Insist children's eyes are on you."

### WHAT THE SYMBOLS MEAN...

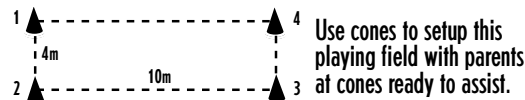


## FOR THIS SESSION YOU WILL NEED:

60 Mins	5	2	4	20	8	1

## WARM-UP

15 Mins	4	4	20	1



### EGG ROLL:

Child forms egg shape by laying on their back hugging their knees with their, chin on chest. Partner then rolls the child to the left and the right. Swap over.

### FRONT FALL:

Children kneel with arms stretched in front at shoulder level. They then fall forward using their hands to absorb the fall. Bend elbows, turn head to side and finish flat on chest. Repeat. Parents to assist.

### HERE, THERE & EVERYWHERE:

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



TIP: "The coach should demonstrate the front fall activity before the children try to learn this skill."

## SKILL ACTIVITIES

25 Min.	8	4	20	1	8

### 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. Two children roll a round ball to one another. Increase the distance between them and get them to roll while kneeling, and crouching. Get them to stop the ball with their hands, feet, elbow, tummy etc.
- 

3. Children position themselves back-to-back with legs apart. First child then rolls a football between their legs to partner. Increase distance apart.
- 

2. Children roll round ball between cones using finger tips. Stop ball with hands, foot, elbow, tummy etc.
- 

4. Children roll ball with elbows, head and nose around cones. Repeat.
- 



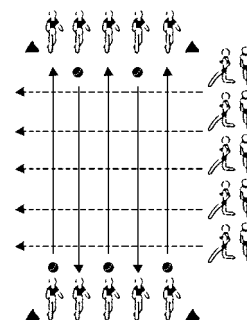
TIP: "Bend knees and lower body in line with ball when stopping. Put two hands in front of ball and gently grasp the ball."

## GAME TIME

20 Mins	5	8	5	20	1

### ROLLERBALL:

Lay out four cones to create a rectangular playing area. Divide children into two teams. Split Team A in half and have them line up on the long edges of the rectangle facing each other. Team B stands at one end of the rectangle. Team A rolls five balls to each other while Team B tries to get to the other end of the rectangle without being hit by a ball. Children who are hit must sit out. Repeat until all of Team B is out. Reverse roles.



TIP: "Words of encouragement should not be used loosely."

### WHAT THE SYMBOLS MEAN...

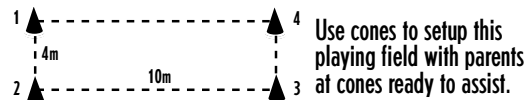
Estimated time of session	No. of footballs required	No. of cones required	No. of coaches/parents required	Ideal No. of children participating	No. of round balls required

**FOR THIS SESSION YOU WILL NEED:**

60 Mins	10	16	4	20	4	1

**WARM-UP**

15 Mins	4	4	20	1	10



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

**PARTNER ACTIVITIES:**

In pairs, children must pass a football to each other in six different ways.

**WHISTLE DRILL:**

Children walk inside the playing area. When the whistle blows all children must stop, look and listen. Call out different walks eg: backwards, sideways, hopping, jumping. Repeat.

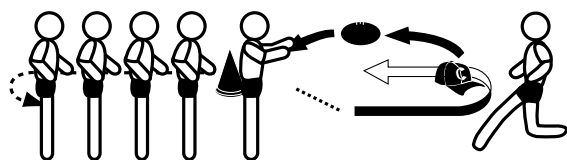
**SKILL ACTIVITIES**

25 Mins	2	12	4	20	1	3

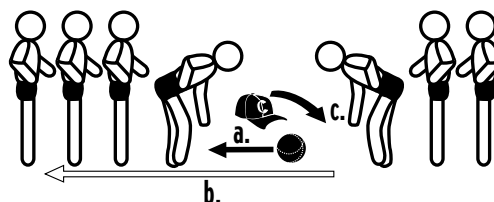
**CIRCUIT GAME:**

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

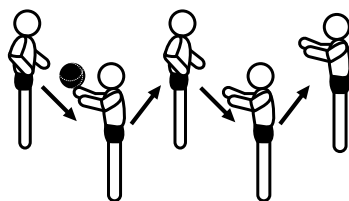
- 1.** Coach lobs a football to first child in line who catches on their chest and returns ball. Child then runs around the coach and to the end of the line. Repeat with children catching in their hands. Continue until all players have a turn.



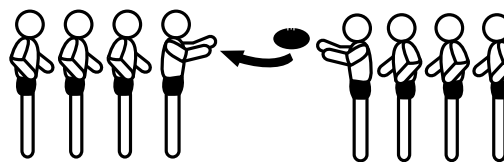
- 3.** Divide group in half with coach standing between the two groups of children (a). First child in line rolls round ball through coach's legs to child in other line. First child follows ball (b) and runs to the end of the other line. Coach changes with first child (c).



- 2.** Children form a staggered line. A round ball is passed zig-zag along line and back again. Repeat. Change ways of passing to underarm, bounce pass, on knees etc.



- 4.** Children form two lines and pass football to each other using an underarm chest pass. Start close and gradually widen gap between children.

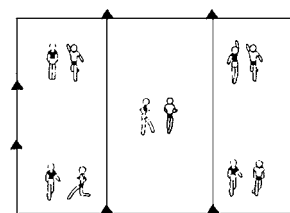


**TIP:** "Ensure children's eyes are on the ball throughout catch. Hands should move to meet ball with fingers in the butterfly position. Bend elbows to absorb force."

**GAME TIME**

20 Mins	2	16	5	20	1

Refer to AFL Auskick Rules on page 20 of Book 2: Coaching.



**TIP:** "Always sit children with the sun at their backs."

**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	No. of whistles required

## FOR THIS SESSION YOU WILL NEED:



## WARM-UP



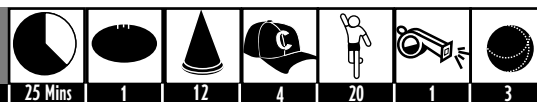
### UMPIRE THROWS:

In pairs, first child throws footballs up 10 times, their partner catches. Repeat using overhead boundary throw.

### ANGRY CAT TIGGY:

Choose four children as taggers. Tagged children form an angry cat position, bent over forward with hands and feet on the ground and back arched. To rejoin the game, another child must crawl under the angry cat. Change taggers often.

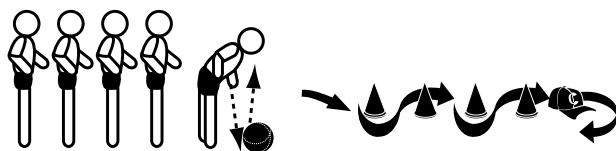
## SKILL ACTIVITIES



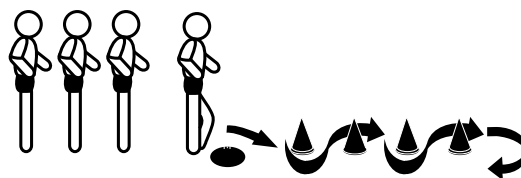
### CIRCUIT GAME:

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

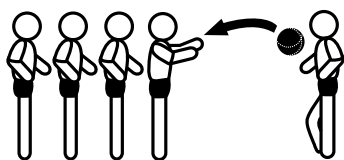
- 1.** Child bounces round ball in and out of cones and around coach using finger tips. Return to back of line. Repeat using two hands then one hand, walking forward and backward.



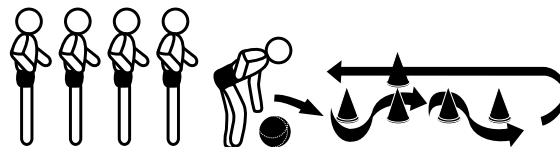
- 3.** Child dribbles football between cones using their toes and then returns to the line. Next child repeats. Use insoles and bottom of foot, left and right feet.



- 2.** Choose one child to be the batter who hits the round ball to other children in line using open hand. After all the fielders have caught the ball, another child is chosen. Continue until all have had a turn of being the hitter.



- 4.** First child in line bounces the round ball in between the cones with finger tips, then hits to receiver. Receiver repeats.

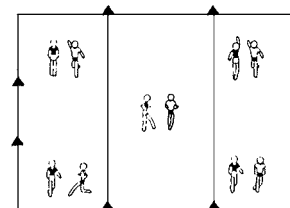


TIP: "Eyes should be focused on ball when bouncing. Use finger tips and wrist to bounce. Ball bounces in front of and to the side of the body."

## GAME TIME



Refer to AFL Auskick Rules on page 20 of Book 2: Coaching.



TIP: "Never talk over children. Wait until they are quiet and listening. Reinforce that a whistle blast means stop, look and listen"

### WHAT THE SYMBOLS MEAN...



## FOR THIS SESSION YOU WILL NEED:

60 Mins	10	16	4	20	10	1

## WARM-UP

15 Mins	4	4	20	1



### PARTNERS ACTIVITIES:

Child kneels behind their partner who is sitting in a tuck position with knees hugged to chest. Rock partner backwards and forwards. Repeat. Roll left and right. Change over.

Child kneels next to partner who is in a log roll position, with arms stretched above head and legs straight. Roll left and right. Change over.

### HOPPO BOPPO:

Hopping on one leg, children try to unbalance each other by bumping with side of their body. Once unbalanced and their other foot hits ground, child must stand until the game is over. Repeat.

## SKILL ACTIVITIES

25 Mins	4	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.** All children kneel with arms stretched out in front at shoulder level, slightly bent. Child slowly falls forward and uses hands to break fall. Chest should be flat on ground and head turned to one side. Ask parents to assist to build child's confidence. Repeat.

**3.** Children lay on their back with hands above head, football in hands. Children have to roll to a cone and give the ball to next child in line. Repeat. In crouched position, children place ball between their thighs and stomach and roll to cone, repeating activity.

**2.** Children line up with feet and hands on ground. First child must go under and leap over other children whilst holding football. At end, roll football back to start.

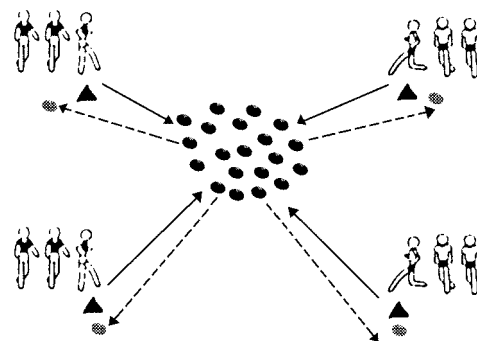
**4.** Children line up arms length apart, standing with legs astride. Roll round ball through all legs to the end of the line. Last child collects ball and runs to front of line. Repeat.

## GAME TIME

20 Mins	20	4	5	20	1

### ROB THE NEST:

- Divide children into four groups of even numbers. Place all balls in the middle of the playing area, spacing them well apart. The team with the most balls at the end are the winners. 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 others nest.
- Coach at start of game 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 conclusion of game children count the balls. Repeat.



TIP: "Children love to be challenged, be careful that the challenge you provide is within the skill level of those you are challenging. Otherwise a positive experience could be a negative one."

### WHAT THE SYMBOLS MEAN...

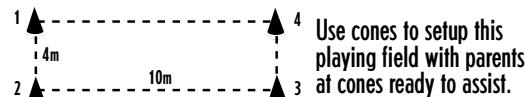
Estimated time of session	No. of footballs required	No. of cones required	No. of coaches/parents required	Ideal No. of children participating	No. of round balls required	No. of whistles required

## FOR THIS SESSION YOU WILL NEED:

60 Mins	10	12	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.

### PARTNERS ACTIVITIES:

Children play kick to kick with each other. Start three metres apart, then increase distance. Kick off ground then kick off a cone, then try punt kick dropped from hand.

### UMPY'S COMING:

Coach demonstrates three umpiring actions. Children hop around area until coach calls 'umpy's coming'. Coach then calls one of umpiring actions and children give appropriate signal. Repeat.

## SKILL ACTIVITIES

25 Mins	7	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.** Ball is placed beside a marker on the ground. First child walks out, picks up the ball and kicks it to the coach. Child follows kick and runs out and around coach back to line. Repeat. Start with children walking, jogging and run in to kick ball. Each time coach moves further back.

**3.** Split group into two. One group kicks ball off cone, the other group retrieves ball. Once child kicks ball, they follow kick to fielding group. Retrievers take ball to coach who places ball on marker. Repeat.

**2.** First child runs out to marker, turns and kicks back to child at the front of the line and returns. Repeat until all have had a turn. Have children run, hop, skip out and bounce or roll ball etc.

**4.** In pairs children kick ball to one another. Starts with kick - off the ground - off cone - standing punt kick



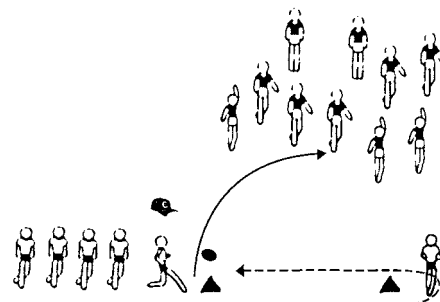
TIP: "Punt kick: Eyes on ball, hold ball at hip height, step forward on non-kicking foot, bend knee of kicking foot, extend hip, guide ball with one hand, kicking leg follows through towards target."

## GAME TIME

20 Mins	1	2	5	20	1

### CONTINUOUS KICK BALL:

Divide children into two teams. First child from Team A kicks a football from a cone into the playing area, then runs to a second cone and back for one run. Kicker keeps running until coach receives the ball from Team B fielders. Change teams once all have had a kick. The Team with the most runs wins. Congratulate all.



TIP: "Be sure to explain to children that if the ball goes over your head, they are the ones that will retrieve the ball. Ensure children use both sides of body in activities."

### WHAT THE SYMBOLS MEAN...

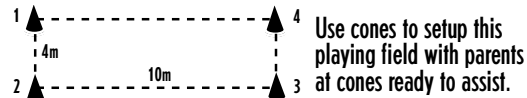
Estimated time of session	No. of footballs required	No. of cones required	No. of coaches/parents required	Ideal No. of children participating	No. of round balls required

## FOR THIS SESSION YOU WILL NEED:

60 Mins	4	16	4	20	1

## WARM-UP

15 Mins	4	4	20	1	4



### FOOTBALL TAG:

Children in scattered formation. Select four taggers each with a football. Once tagged with ball, children must stand like a scarecrow until a friend climbs between legs and sets free. Change taggers regularly.

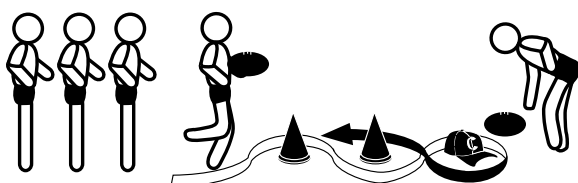
## SKILL ACTIVITIES

25 Mins	2	18	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.

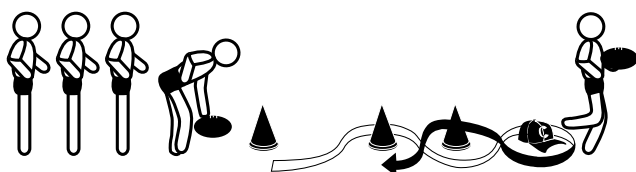
1. With ball in hands, child weaves in and out of cones, around coach and then places ball on ground and rolls ball in and out of markers back to the start of the line. Next in line repeats.



3. Child runs out to first cone and touches with right hand. Repeat to all cones, sprint to last marker and zig-zag back through cones. Tag next in line. Repeat.



2. First child runs out to cone, picks up ball, weaves in out of cones, runs around coach in and out of markers, places ball back on marker and tags next in line. Repeat.



4. Child runs out to first cone returns, repeats to second cone. Repeats for all markers then tags next in line. Repeat.

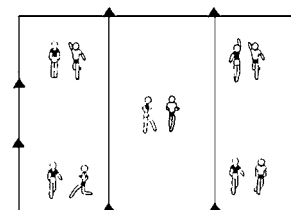


TIP: "Dodging: Eyes focused in direction of travel. Change direction by pushing off outside foot. Body lowered during change. Change of direction occurs in one step. Dodge to right and left."

## GAME TIME

20 Mins	2	8	5	20	1

Refer to AFL Auskick Rules on page 20 of Book 2: Coaching.



TIP: "Be sure to explain to children that if the ball goes over your head, they are the ones that will retrieve the ball. Ensure children use both sides of body in activities."

### 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