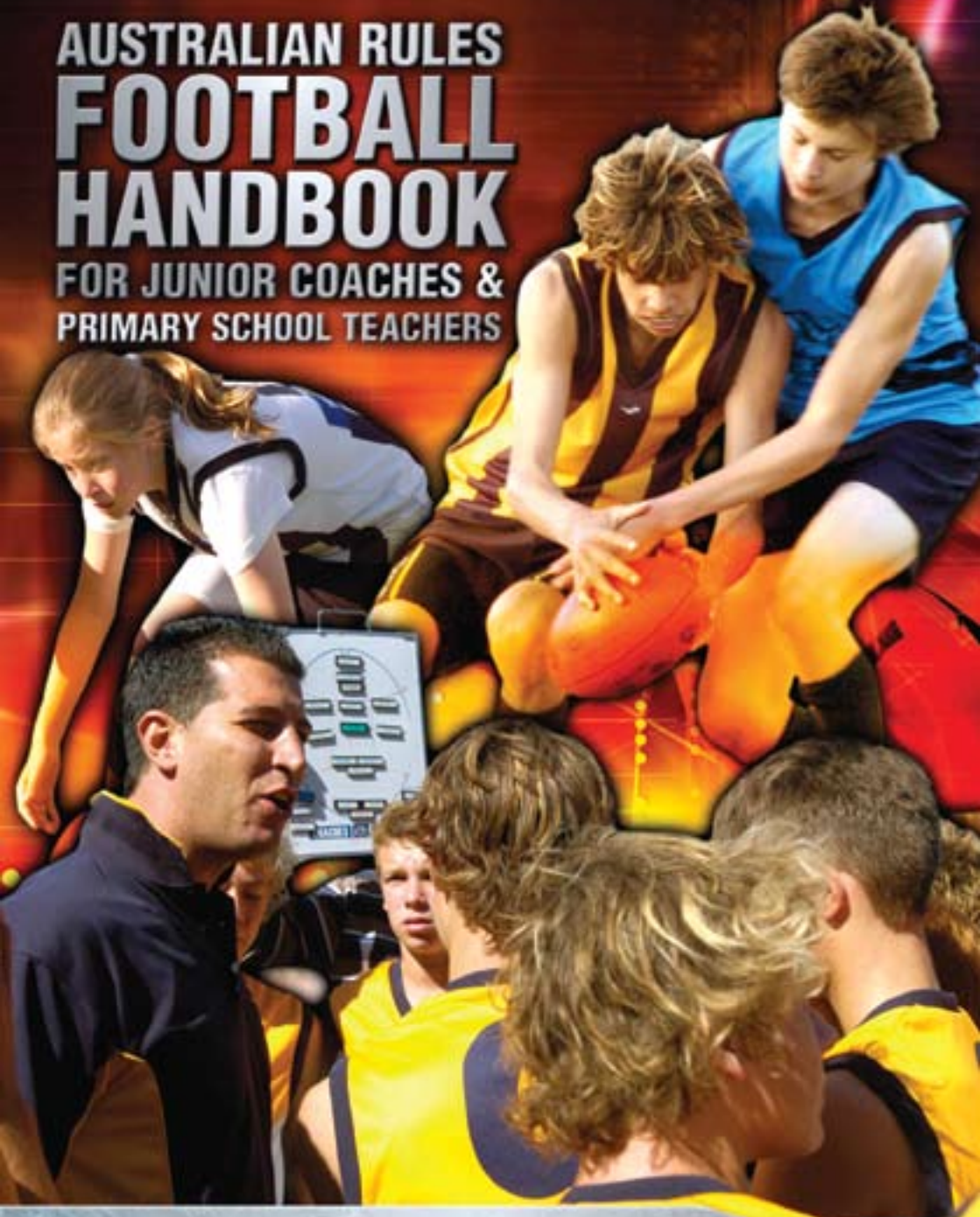


# AUSTRALIAN RULES FOOTBALL HANDBOOK

FOR JUNIOR COACHES &  
PRIMARY SCHOOL TEACHERS



**GROW THE GAME**  
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## **FOREWORD**

### **SCHOOL TEACHERS**

Teachers play a vital role in ensuring our great game of Aussie Rules maintains a high profile with students throughout the state. This handbook provides necessary background information, skills, drills, fun games and activities as well as sample lesson plans that will assist teachers and coaches to implement a stimulating and successful football programme.

WA Football Development has worked hard to provide fantastic opportunities for schools to implement sound practice, innovative programmes and the necessary links with the community to ensure Aussie Rules continues to thrive in Western Australian schools.

I urge teachers to embrace these opportunities as not only do students benefit enormously from these programmes but so too does the school and community at large. I thank you for your dedication and professionalism and wish you well for what I am sure will be an enjoyable and rewarding programme.

Daryl Mansfield  
CHAIRMAN  
Primary School Football Advisory Council

### **COMMUNITY COACHES**

Coaching is one of the most challenging and rewarding roles anyone can undertake. Coaches can instil confidence and a love of the game into their players or turn a player away forever.

An enthusiastic, knowledgeable coach, who plans to suit the needs and interests of players, will have a very positive impact on the players within their team, not only teaching youngsters football skills but life skills as well.

We wish you well in your coaching endeavours and hope this book can assist you in making your players enjoy their participation, learn new skills and continue playing our great game for many years.

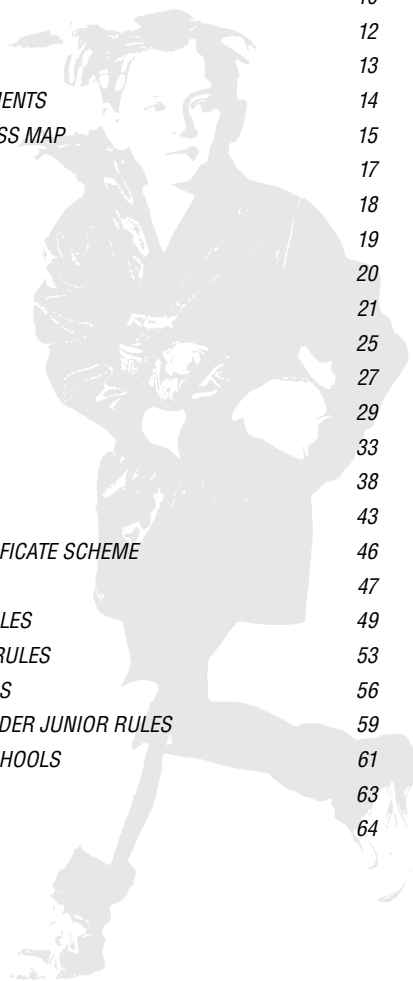
Clayton Anderson  
MANAGER AFL AUSKICK & PRIMARY SCHOOLS





## **CONTENTS**

<i>CODES OF CONDUCT FOR COACHES, TEACHERS AND PLAYERS CODE OF CONDUCT</i>	05
<i>GUIDELINES FOR GOOD DISCIPLINE</i>	06
<i>LEGAL RESPONSIBILITIES OF THE COACH</i>	06
<i>THE NAB AFL AUSKICK COACH – GUIDELINES</i>	07
<i>PLAYER ROTATION INFORMATION</i>	09
<i>WARM-UP &amp; STRETCHING GUIDE</i>	10
<i>SAMPLE SEASON PLAN</i>	12
<i>SAMPLE TRAINING SESSION</i>	13
<i>USING OUTCOMES TO MONITOR STUDENTS ACHIEVEMENTS</i>	14
<i>NAB AFL AUSKICK LESSON &amp; DEVELOPMENT PROGRESS MAP</i>	15
<i>SUGGESTED LESSON PLAN – YEAR 3</i>	17
<i>SUGGESTED LESSON PLAN – YEAR 4</i>	18
<i>SUGGESTED LESSON PLAN – YEAR 5</i>	19
<i>SUGGESTED LESSON PLAN – YEAR 6</i>	20
<i>DEVELOPMENT PROGRAM – YEARS 4/5/6</i>	21
<i>SKILLS CHECKLISTS</i>	25
<i>SKILLS MONITORING CHECKLIST</i>	27
<i>NAB AFL AUSKICK WARM-UP GAMES</i>	29
<i>NAB AFL AUSKICK SKILL GAMES</i>	33
<i>NAB AFL AUSKICK TEAM DRILLS</i>	38
<i>FOOTY CIRCUS</i>	43
<i>SMARTER THAN SMOKING SKILL ACHIEVEMENT CERTIFICATE SCHEME</i>	46
<i>NAB AFL AUSKICK SKILL CONTINUUM</i>	47
<i>2010 NAB AFL FLOW CHART ~ YEARS 4 – 5 JUNIOR RULES</i>	49
<i>2010 NAB AFL FLOW CHART ~ 11 – 12 YEARS JUNIOR RULES</i>	53
<i>2010 NAB AFL AUSKICK RULES FLOW CHART 5-7 YEARS</i>	56
<i>2010 FEMALE NAB AFL FLOW CHART ~ 12 YEARS &amp; UNDER JUNIOR RULES</i>	59
<i>JUNIOR DEVELOPMENT PROGRAMS FOR PRIMARY SCHOOLS</i>	61
<i>ONLINE RESOURCES</i>	63
<i>WAFC CONTACTS</i>	64





## **CODES OF CONDUCT**

### **INTRODUCTION** >>>

The major objective of Junior Football is to provide an opportunity for all children to play Australian Football in a safe environment designed to maximise the acquisition of skill and provide enjoyment. The AFL has introduced the AFL KIDS FIRST policy which has been designed to guide parents and coaches so that both they and their children obtain maximum benefit and enjoyment from their participation in junior football programs. The basic principles of AFL KIDS FIRST are to remind adults that:

- Sport for children is a vital part of their growing up.
- Children like to win, but more importantly, they want to have fun.
- Parents / coaches / teachers need to set the right example at the sports ground, not just at home.
- Adults should be proud of a child's efforts irrespective of the result.
- Sport is important to children's self esteem.

### **CODE OF CONDUCT** >>>>

1. Remember that children play sport for their enjoyment, not yours.
2. Encourage children to participate – do not force participation upon them.
3. Focus on the child's efforts and self esteem rather than whether they win or lose.
4. Encourage children to participate according to the rules.
5. Never ridicule or yell at a child for making a mistake or for the team losing a game.
6. Remember that children learn best by example – applaud the efforts of all players in both teams.
7. Support all efforts to remove verbal and physical abuse from sporting activities.
8. Show appreciation of volunteer coaches, officials and administrators, without whom the kids could not participate.
9. Respect umpires' decisions and teach children to do likewise.
10. Remember that smoking and the consumption of alcohol is unacceptable at junior sport.

### **ADDITIONAL POINTS FOR COACHES AND TEACHERS TO CONSIDER** >>>>

- Be reasonable in your demands on young players' time, energy and enthusiasm.
- Avoid over-playing the talented players. The "just-average" players need and deserve equal time.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the players.
- Take into consideration the developmental level of the children when scheduling and determining the length of practice times and competition.
- Develop team respect for the ability of opponents as well as for the judgement of officials and opposing coaches.
- Follow the advice of a physician when determining when an injured player is ready to recommence training or competition.
- Keep yourself informed of sound coaching principles and the principles of growth and development of children.
- Create opportunities to teach appropriate sports behaviour as well as basic skills and strategies.
- Ensure that skill learning and appropriate sports behaviour have priority over highly structured competitions for young children.
- Help children understand the responsibilities and implications of their freedom to choose between fair and unfair play.
- Ensure knowledge of laws of game is such that you encourage the players to play the game and accept the role of the umpire.



## **PLAYERS' CODE OF CONDUCT** >>>

- Play by the rules.
- Never argue with an official. If you disagree, discuss the matter with your coach after the game.
- Control your temper. Verbal abuse of officials or other players, or provoking an opponent is not acceptable.
- Work equally hard for yourself and for your team. Your team's performance will benefit so will you.
- Be a good sport. Applaud all good plays whether they be by your team, opponent or the other team.
- Do not interfere with, bully or take unfair advantage of another player.
- Cooperate with your coach, team mates and opponents. Without them there would no competition.
- Play for the "fun of it" and not just to please parents and coaches.
- Avoid using derogatory language.
- Be prepared to take responsibility for your actions.

## **GUIDELINES FOR GOOD DISCIPLINE** >>>

- Establish a 'Code of Behaviour' at the first training session. Involve the players in the decision making, thus given them 'ownership' of the 'Code of Behaviour'.
- Explain the rules and the consequences for breaking them.
- Develop clear expectations regarding :
  - **Attendance**
  - **Punctuality**
  - **Behaviour**
  - **Sportsmanship**
  - **Training standards**
- Inform the committee and the parents of the 'Codes of Behaviour' and disciplinary measures.
- In dealing with unsatisfactory behaviour, focus on the behaviour not the individual. Do not publicly insult or embarrass a player.
- Do not over-use physical punishment, such as running laps, push-ups, etc, as they become monotonous and of little value.

## **LEGAL RESPONSIBILITIES OF THE COACH** >>>

### **1. Provide a safe environment**

Facilities and equipment must be safe for both the users and the others involved in the competition. Adverse weather conditions must also be taken into consideration during competition and practice session.

### **2. Activities must be adequately planned.**

Impaired learning ability and injury may be the result of unplanned practice sessions. Appropriate progressions related to the players developmental level need to be planned.

### **3. Athletes must be evaluated for injury**

Athletes with an injury should not be expected to perform any potentially harmful activity. No athlete should ever be forced to take part in any activity they do not wish to.

### **4. Young athletes should not be mismatched**

Young athletes should be matched not only according to age, but also height, weight and level of development. Skill levels and experience should also be considered.

### **5. Safe and proper equipment need to be provided**

Existing codes and standards for equipment should be met and all equipment should be kept in good order. It should also be adequately repaired so that it is safe to use at all times.

## **POSITIVE COACHING**

*YOU CAN BECOME A MORE POSITIVE COACH BY CONSCIOUSLY SAYING AND DOING MORE THINGS THAT MAKE YOUR PLAYERS FEEL GOOD, ACCEPTED, IMPORTANT AND SUCCESSFUL.*

## **THE NAB AFL AUSKICK COACH**

### **THE MAIN OBJECTIVES OF THE NAB AFL AUSKICK COACH: ►►►**

- 1. Ensure children/players have developed and progressed over the course of the season.**
- 2. Ensure children will continue to participate in football the following year.**
  - Your success as a coach should be measured against the above objectives, not on your win/loss ratio.
  - Keep winning in perspective and focus on helping your players achieve high levels of personal skill and to do the best they can.
  - Ensure all your players participate fully by following the “**Rotational Rule**”. By rotating your players they will:
    - *be actively involved in the game*
    - *learn defensive and attacking skills*
    - *gain game skill knowledge*
    - *have variety and increased interest.*

This is an extremely important notion in terms of player development.

### **AS AN NAB AFL AUSKICK COACH YOUR FOCUS SHOULD BE IN THE FOLLOWING AREAS: ►►►**

- 1. Skill & Strategy Development**  
Work to develop and increase your players’ skill level and help build their confidence and self-esteem.
- 2. Enjoyment**  
Incorporating a variety of fun activities and games will keep your players’ interested and ensure they want to “stay and play”.
- 3. Maximum Participation**  
Ensure that everyone has a fair go. Every player deserves the chance to be actively involved.
- 4. Increase Knowledge**  
Aim to increase your player’s knowledge of football. Explain the reasons why they are required to do certain things or be in certain positions.
- 5. Equal Opportunity**  
Be aware of the individual differences of children at this young age and always endeavour to provide an equal opportunity for all. Remember not to mismatch, consider age, height, weight, maturity and skill level.



## 6. Umpires and Officials

As a coach you have an influence on the game day environment. So to does the umpire.

Your support as a coach will assist the umpire, many of whom are youth learning the craft of umpiring.

You will recognize the umpire as being a relatively new umpire by the green shirt uniform they wear on match day. The green shirt means they are learning, and with learning comes mistakes, just like the players.

Your positive encouragement and support of the umpire will go along way to their decision to remain in the game as an umpire.

Ways you can assist the umpire may seem simple, but be assured it may just take one positive phrase that will make all the difference.

Your assistance may include;

- Congratulating the umpire after the game in front of players/parents
- Ensuring your players are coached to respect the umpires decisions
- Adopting a zero tolerance approach to abuse
- Umpiring a game during the season to further appreciate the role of the official

We thank you in anticipation of your positive influence to this important component of the game – umpiring.

### **REMEMBER:**

*TO MAKE SURE THE PLAYERS FEEL IMPORTANT AND ACCEPTED AND ARE REWARDED FOR PERFORMING TO THE BEST OF THEIR ABILITY AND DEVELOPMENT*



## PLAYER ROTATION

### PLAYER ROTATION POLICY / EQUAL OPPORTUNITY POLICY >>>>

The on-field rotation of players is a policy recommended in the WA Junior Football Policy to enhance the participation and skill development of all players in NAB AFL Auskick.

The on-field rotation of players is a policy recommended to enhance the participation and skill development of all players in NAB AFL Auskick (5-12 years). It is also recommended that this policy continues in youth football to ensure maximum participation by all players.

The rotation of all players through a variety of positions in a game and season is designed to allow players to experience the skills and roles required in different positions, and to ensure all players are provided with equal opportunity. The policy recommends that every player in a team should play at least half a game. Further, every player should experience playing on each of the five lines of field position over a three match period.

(NB: players should be rotated through a variety of positions on the field in each line, not straight up and down the “spine” or only on the left or on the right side of the field.)

### METHODS OF PLAYER ROTATION >>>>

Several different models of player rotation have been developed to make the process as easy as possible for the coach on match day. These models, when used as part of the coaches’ planning prior to match day, can make the rotation a simple and equitable experience for all team officials, players, and parents. Attadale Junior Football Club have developed a comprehensive coaches team rotation utility which generates fair and equitable player rotations for every quarter of every game. This program available at [www.attadalebombers.com.au/teamgenerator.htm](http://www.attadalebombers.com.au/teamgenerator.htm) and is an extremely useful and valuable resource for all junior coaches.

#### MODEL ONE – QUARTER BY QUARTER ROTATION

Enter players’ jumper number into the position in which he/she will begin the quarter.

Example

Quarter	F/Fwds	H/Fwds	Centres	H/Backs	F/back	Int	Notes
1st							
2nd							
3rd							
4th							

#### MODEL TWO – HALF BY HALF ROTATION

Example

Quarter	F/Fwds	H/Fwds	Centres	H/Backs	F/back	Int	Notes
1st							
2nd							

*“A SUCCESSFUL JUNIOR COACH IS NOT ONE THAT WINS THE PREMIERSHIP BUT ONE THAT ENSURES ALL THEIR PLAYERS ENJOY THE SEASON, IMPROVE THEIR SKILLS, GET A FAIR GO AND COME BACK NEXT YEAR.”*

## WARM-UP AND STETCHING GUIDE



1. Neck Flexion/Extension Stretch  
(forward, then back)



2. Neck Lateral Flexion Stretch  
(one side, then the other)



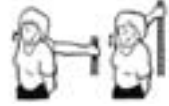
3. Latissimus Dorsi and Poaterior Deltoid  
Stretch  
(link hands, push elbows together)



4. Triceps Stretch  
(pull elbow across and down)



5. Shoulder Rotator Stretch  
(using towel, pull up with the top arm then  
down with the other)



6. Pectoral Stretch at 90° and 120°  
(use a doorway or post)



7. Bicep Stretch  
(hands apart)



8. Supraspinatus Stretch  
(keep elbow parallel to ground)



9. Wrist Extensor Stretch  
(tilt head to opposite side, keep elbow  
straight)



10. Thoracic Extension Stretch  
(reach forward with arms, push chest  
towards floor, arch back down, backside  
behind knees)



11. Lateral Flexion Stretch  
(one side, then the other, push pelvis  
across as you bend)



12. Lumdar Extension and Abdominal  
Stretch  
(be gentle if sore)



13. Lumbar Flexion Stretch  
(be gentle if sore)



14 Lumbar Rotation Stretch  
(rotate legs one side, then the other side,  
draw in and brace stomach muscles at the  
same time, breathe)



15. Hamstring Stretch  
(straighten leg)  
i. with foot pointed  
ii. with foot pulled back towards the knee



16. Hamstring Stretch  
(commence with knee slighly bent, the  
push knee straight as tension allows, push  
chest towards foot)



17. Abductor Stretch  
(push down with elbows on knees very  
gently, keep back straight)



18. Gluteal Stretch  
(pull knee and lower leg towards opposite  
shoulder)



19. Gluteal and Lumbar Rotation Stretch



20. Quadriceps Stretch  
(keep pelvis on the floor)



21. Quadriceps Stretch



22. Abductor Stretch  
(keep foot pointing forward, lunge sideways on bent knee, keep back straight)



23. Hip Flexor Stretch  
(keep back straight, tuck bottom under, lunge forward on front leg)



24. Tensor Fascia Stretch  
(continue to push bottom forward, whilst pushing hip to the side)



25. Gastrocnemius Stretch  
(keep knee straight and heel down, feet facing forward)



26. Soleus Stretch  
(knee bent over rear foot, feet facing forward)



SMARTPLAY

## WARM-UP >>>>

### WHY?

- to increase heat throughout the body
- to reduce risk of tearing or straining muscles by increasing their suppleness

### HOW?

- 2-3 minute jog, to raise a light sweat (complete before stretching)

## STRETCHING >>>>

### WHY?

- to increase flexibility and freedom of movement
- to reduce muscle tension
- to reduce the risk of muscle and tendon injuries

### HOW?

- hold stretch for 10-20sec - DO NOT BOUNCE
- repeat each stretch 2-3 times
- stretch gently and slowly, keep breathing
- stretch to the point of tension - NEVER PAIN
- select the major muscle groups used in your sport and stretch them through their full range of movement

## COOL DOWN >>>>

### WHY?

- to help remove muscle waste products
- to reduce muscle soreness and stiffness
- to enable you to compete again at the same level within a short period of time

### HOW?

- 2-3 minute light jog, or brisk walk immediately after sport
- 5-10 minutes of stretching (emphasize the major muscle groups you have used during your sport)

*Adapted from Smartplay – an initiative of Sports Medicine Australia*

## **SAMPLE SEASON PLAN**

Comprehensive planning forms the only basis upon which to conduct a successful Junior Football program.

The following is an example of a plan which outlines the teaching of skills and strategies during an NAB AFL Junior Rules season.

<b>SEASON: 2008</b>		<b>AGE GROUP: 11's</b>
WEEK	SKILLS COVERED	DRILLS / GAMES
1.	Picking up, kicking (drop punt)	Race for the ball, Lane work
2.	Bouncing, marking (chest)	Relays, Race for the ball
3.	Handball, marking (overhead)	1,2,3 & in, Screamers
4.	Kicking (torpedo), checking skills	Go ball
5.	Evasion, leading	3 minutes, Dummy lead
6.	Goal kicking	Figure 8 kicks
7.	Ruck skills, fall of the ball	Ball ups
8.	Marking, spoiling	Race for the ball (in pairs)
9.	Revision - picking up, evasion	Combination drill
10.	Revision – drop punt, goal kicking	Footy Rounders
11.	Revision – handball, checking skills	Using space
12.	Revision – marking, spoiling	Figure 8 kicks (in pairs)



## **SAMPLE TRAINING SESSION (10 – 12 YEARS)**

### **DURING EACH TRAINING SESSION AIM TO >>>>**

1. Maximise participation (1 ball between 2 players minimum)
2. Focus on skill development
3. Educate your players about the game
4. Ensure they have fun

This sample is based on a training session running 60 – 70 minutes.

Modifications to drills & games or devising own drills and games to suit the team's needs is encouraged.

### **WARM UP (10 MINS) >>>>**

1. Square chase (page 29)
2. Handball relays
3. Stretching

### **SKILL DEVELOPMENT (15 – 20 MINS) >>>>**

- Picking up and disposal skills (handball and kick)
- Drills – Race for the ball (page 38), Combination drill (page 39)

- Kicking on run
- Drill – Figure 8 Kicks (page 39)

### **GAME PLAY AND EXTENSION DRILLS (20 MINS) >>>>**

- Dummy Lead (page 38)
- Six Point Handball (page 39)

### **CULMINATION GAMES / COOL DOWN (15 MINS) >>>>**

- Long ball (page 34)
- Frozen wall ball (page 35)
- Scratch match / modified game (occasionally)
- Stretching / cool down



## **USING OUTCOMES TO MONITOR STUDENTS ACHIEVEMENT IN AUSTRALIAN FOOTBALL**

The primary aim of the following ‘SUGGESTED LESSON PLAN’ section is to enable students to develop a range of Australian Football skills. Each lesson plan also contains a monitoring tool that is based on the Health and Physical Education Student Outcome Statements. The tool is by no means exhaustive and it has been designed by teachers to aid teachers in monitoring student performance. Also included are two progress maps that will aid teachers in leveling students over a module of Australian Football. The following points may help you in monitoring your students.

1. An outcomes approach identifies what students can do and provides learning experiences to enable them to progress.
2. The NAB AFL AUSKICK program has always focused on what students can do. The learning experiences described in the lessons are appropriate for the Student Outcome Statement Levels indicated.
3. The NAB AFL AUSKICK program has been developed as an introduction to Australian Football and develops levels 1, 2 and 3 in the Skills for Physical Activity Strand. An indication of level 4 skills can be demonstrated in a game of NAB AFL Auskick. However in order to demonstrate the achievement of levels 4 – 8, students need to apply the skills and strategies they have developed in a game of Australian Football.
4. The Australian Football progress map is a useful tool to monitor student progress and to plan future activities. It is not appropriate to give a final level for Australian Football at the conclusion of the 5 NAB AFL AUSKICK lessons. Further lessons and a number of modified games are necessary to enable the students to demonstrate their progress and achievements.
5. The progress maps contained in each “Suggested Lesson” have been constructed according to opportunities that are provided for in each lesson. “The Australian Football Progress Maps” at the end of the book combine opportunities provided within each lesson with further opportunities that could be provided for in a game of Australian Football.



## **NAB AFL AUSKICK LESSON AND DEVELOPMENT PROGRESS MAP**

<b>LEVEL OF ACHIEVEMENT</b>	<b>SKILLS</b>	<b>STRATEGIES</b>
<p><b>LEVEL 1</b> Students demonstrate the fundamental movement skills of body management and locomotion in structured and creative play.</p>	<ul style="list-style-type: none"> <li>➤ Moves to position to stop a ball</li> <li>➤ Running</li> <li>➤ Jumping</li> <li>➤ Hopping</li> </ul>	<ul style="list-style-type: none"> <li>➤ Runs weaving, dodging, jumping</li> <li>➤ Uses all space available</li> <li>➤ Weaves around objects / players</li> <li>➤ Contrasts speed</li> <li>➤ Responds to verbal instructions eg roll jump, skip, changes direction</li> <li>➤ Stops and changes direction on command</li> <li>➤ Explains simple rules</li> </ul>
<p><b>LEVEL 2</b> Students demonstrate a wide range of fundamental movement skills and an awareness of rules and other participants in simple games and physical activities.</p>	<ul style="list-style-type: none"> <li>➤ Stops a rolled ball</li> <li>➤ Bounces a round ball</li> <li>➤ Runs bouncing a round ball</li> <li>➤ Jogs and touching the ball on the ground</li> <li>➤ Catches the ball from a toss</li> <li>➤ Kicks a ball off the ground</li> <li>➤ Picks up a stationary ball with two hands</li> <li>➤ Performs a simple forward kick</li> <li>➤ Performs a simple forward handball</li> </ul>	<ul style="list-style-type: none"> <li>➤ Performs basic checking skills, walk through stealing and interception</li> <li>➤ Performs basic evasion skills, side stepping, spinning, weaving</li> <li>➤ Shows awareness of space</li> <li>➤ Invents a number of ways of passing a ball to a partner</li> <li>➤ Observes rules in simple games</li> </ul>
<p><b>LEVEL 3</b> Students perform controlled movement skills and demonstrate basic game strategies within rules in minor games and physical activities.</p>	<ul style="list-style-type: none"> <li>➤ Marks over long distances</li> <li>➤ Marks at different body levels</li> <li>➤ Kicks over greater distance with control</li> <li>➤ Handballs on the run and combines with other skills</li> <li>➤ Kicks on the run</li> <li>➤ Runs bouncing a football</li> <li>➤ Kick a torpedo punt</li> </ul>	<ul style="list-style-type: none"> <li>➤ Performs evasion skills, side stepping, spinning, weaving when opponents move in faster and attempts to bump</li> <li>➤ Jogs in to bump from various approaches with tackler and opponent moving</li> <li>➤ Jogs in to shepherd opponent</li> <li>➤ Attempts to create space by moving clear of a defender</li> <li>➤ Makes position in relation to the ball</li> <li>➤ Moves to intercept a pass</li> <li>➤ Attempts to defend an opponent</li> </ul>

LEVEL OF ACHIEVEMENT	SKILLS	STRATEGIES
<p><b>LEVEL 4</b>  <b>Students perform controlled movement skills and demonstrate a range of strategies in modified games, sports and physical activities.</b></p>	<ul style="list-style-type: none"> <li>➤ Executes over-spin and rocket handball on the run</li> <li>➤ Kicks the drop punt kick with control</li> <li>➤ Bounces the ball using the preferred hand</li> <li>➤ Marks a long kick</li> <li>➤ Marks at different body levels</li> <li>➤ Handballs on the run and combines with other skills</li> </ul>	<ul style="list-style-type: none"> <li>➤ Performs evasion skills such as the baulk, spin turn, blind turn</li> <li>➤ Effectively defends player one on one</li> <li>➤ Tackles, bumping, shepherds, spoils, smothers, knocks the ball from hands</li> <li>➤ Weaves and dodges to avoid an opponents tackle</li> <li>➤ Leads to a space to receive a ball, times lead</li> <li>➤ Makes position in relation to a player and the ball</li> <li>➤ Positions self to intercept a pass</li> </ul>
<p><b>LEVEL 5</b>  <b>Students perform and modify specialised movement skills, strategies and tactics and apply them in response to changing conditions in physical activities.</b></p>	<ul style="list-style-type: none"> <li>➤ Chooses appropriate pass</li> <li>➤ Kicks using preferred and non-preferred foot</li> <li>➤ Kicks over the shoulder, around corners</li> <li>➤ Kicks in rain and windy conditions</li> <li>➤ Handballs on either side, over the shoulder, to an unsighted voice</li> <li>➤ Variety in speed, force, trajectory of kicks and handballs</li> <li>➤ Controls and delivers the ball despite tight defence</li> </ul>	<ul style="list-style-type: none"> <li>➤ Moves convincingly to create space</li> <li>➤ Uses a variety of fakes and leads</li> <li>➤ Makes position in relation to players, ball and goal</li> <li>➤ Defends player, space or ball as appropriate</li> <li>➤ Shows knowledge of position play</li> <li>➤ Shows offensive and defensive team play</li> </ul>

1. Teachers need to make their judgement of student progress and achievement using the statements in the “Level of achievement” column, along with the appropriate documentation from the Curriculum Council.
2. The “Skills and Strategies” column can be utilised for planning lessons and as evidence to support teacher judgement and assessment.

## SUGGESTED LESSON PLAN YEAR 3 (8 YEAR OLDS)

Equipment required – 1 Auskick football per pair, markers

Active participation in the lesson outlined below will provide students with opportunities to demonstrate the achievement of the following outcomes (In the Skills for Physical Activity Strand). The checklist format has been used to allow you to monitor individual students.

KEY: D – Developing Skill  
A – Attained Skill

LEVEL	OBSERVED SKILL / STRATEGY	D	A
1	➤ Avoid being tagged in a simple game		
2	➤ Throw and catch a football		
2	➤ The Fundamental Movement Skill of handballing (2-3m)		
2	➤ Perform a handball in a range of simple and minor games		

### PART ONE – WARM UP (5 MINS) >>>>

1. Dodge and Tag, – see page 29
2. Footy Circus # 1- 3 – see page 43
3. Stretch

### PART TWO – SKILL DEVELOPMENT (15 MINS) >>>>

#### HANDBALL (FLOATER)

Demonstration / Teaching points

1. Ball placed “platform” on outstretched palm of non preferred hand
2. Firm wrist with clenched fist to strike ball on end
3. Step towards target with opposite leg to platform hand
4. Catch fist in platform hand after punch of ball

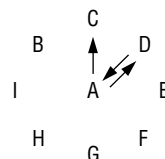
Skill practices

- Partner practice 2 – 3m apart
- Try opposite hand
- Alternate hands, stress feet positioning
- “Ten Up” – first pair to 10 consecutive catches
- Handball Challenge – In pairs, A handballs to B who places ball at feet. A runs across, picks up ball and returns to original position, turns and handballs back to B. Sequence repeated for prescribed time eg. 1 min. Repeated for same time length for B who tries to do complete more times than A. Partner with most is winner.

### PART THREE – GAMES (10 MINS) >>>>

In & Out

1. Teams of 6 – 8 in circle, one player in middle
2. A handballs to D, who marks and runs to centre to replace A.
3. Repeat to C and continue to all back in original places.



Cool Down

## **SUGGESTED LESSON PLAN YEAR 4 (9 YEAR OLDS)**

Equipment required – 1 Auskick football per pair

<b>LEVEL</b>	<b>OBSERVED SKILL / STRATEGY</b>	<b>D</b>	<b>A</b>
1	➤ Avoid collisions in a confined area		
2	➤ Pick up a ball whilst on the run		
2	➤ Accurately place a ball in a target zone while running		
2	➤ Apply basic strategies in a modified game		
2	➤ Demonstrate an awareness of rules in a modified game		
2	➤ Perform the skill of drop punting with good technique		
3	➤ Accurately drop punt a football (5 – 10m)		
3	➤ Kick a drop punt to space in order to score a point		
3	➤ Work as a member of a team in a simple game		

### **PART ONE – WARM UP (5 MINS) >>>>**

1. Musical Footy - see page 32
2. Footy Circus #3-6 - see page 43
3. Stretch

### **PART TWO – SKILL DEVELOPMENT (15 MINS) >>>>**

#### **DROP PUNT**

#### **Demonstration / Teaching Points**

- Hands grip on either side of ball, which is held in a vertical position. Fingers point downwards, with thumbs pointing forward.
- Relaxed arms with wrists cocked slightly forwards. Ball held over kicking foot.
- Ball and body lined up in direction of kick. Watch the ball.
- Ball is dropped and guided by same hand as kicking foot as to drop vertically and contact of ball just below knee height. Lower point of ball should contact foot immediately above toes.
- Head above ball at point of contact, eyes watch ball onto foot.
- Ball should spin backward through the air.

#### **Skill Practices**

1. Step & Kick – take a step and kick a drop punt to partner who marks and repeats. Alternate feet.
2. 3 Steps & Kick – take 3 steps before kick then as above.
3. 5 Steps & Kick – first step is onto opposite foot.
4. 10 Up - 10m from partner, kicking drop punts, first pair to 10 successful marks is winner.

### **PART THREE – GAMES (10 MINS) >>>>**

#### **Go Ball (Page 34)**

- Class in pairs.
- One partner kicks the other retrieves.
- Pairs lined up next to each other. On “go” kicker kicks as far as possible, then turns and runs. Over and back is one run.
- Opponent runs and retrieves. When they return to line runner stops.
- Partners swap roles, new runner kicks and tries to make more runs.

## **SUGGESTED LESSON PLAN YEAR 5 (10 YEAR OLDS)**

Equipment required – 1 Auskick football per pair, markers

LEVEL	OBSERVED SKILL / STRATEGY	D	A
1	➤ The Fundamental Movement Skill of running		
1	➤ The ability to avoid being tagged in a simple game		
2	➤ Accurately throw the ball in a number of warm ups		
2	➤ Leads in order to mark a ball		
3	➤ Marks the ball in a closed activity		
3	➤ Accurately kicks the ball in a closed activity		
3	➤ Accurately drop punt to a stationary partner		
3	➤ Adapt and apply strategies to kick the ball over 20m to score a point		

### **PART ONE – WARM UP (5 MINS) >>>>**

1. Square Chase – see page 29
2. Footy Circus # 8 – 10 – see page 44
3. Stretching

### **PART TWO – SKILL DEVELOPMENT (15 MINS) >>>>**

MARKING, CHEST AND HAND

Demonstration / Teaching Points

Chest Marking

- Elbows into body, palms up, body slightly hunched forward
- Ball taken in hands and forearms and hugged to chest

Skill Practices –

1. Handballing / throwing to partner 2 – 3 m apart
2. Kicking 10 – 15 m apart

HAND / OVERHEAD MARKING

- Thumbs together, fingers up
- Jump up to meet ball

Skill practices –

- “Screamers” – partner hold ball aloft in one hand to side of body. Marker runs from 2 – 3m, jumps and takes ball from in two hands from partner. Swap roles.
- Throwing ball above partners head. Jump to meet ball.
- Kicking ball to partner who marks and kicks back.

### **PART THREE – GAMES (15 MINS) >>>>**

Long Ball – see page 34

## **SUGGESTED LESSON PLAN YEAR 6 (11 YEAR OLDS)**

Equipment required – 1 Auskick Football per pair, markers

LEVEL	OBSERVED SKILL / STRATEGY	D	A
1	➤ The Fundamental Movement Skill of running		
1	➤ The ability to change direction when instructed		
2	➤ The Fundamental Movement Skill of handballing		
2	➤ The Fundamental Movement Skill of bouncing		
2	➤ The Fundamental Movement Skill of marking		
2	➤ Handpass to a partner in a simple game		
3	➤ Torpedo punt accurately to a stationary partner (5-10m)		
3	➤ Evade a pursuing opposition player in a simple game		
3	➤ Kick over a short distance accurately in a modified game		
3	➤ Torpedo punt over a larger distance with good technique		

### **PART ONE – WARM UP (5 MINS) >>>>**

1. Circle Tag – see page 32
2. Footy Circus Free Choice – see page 43
3. Stretching

### **PART TWO – SKILL DEVELOPMENT >>>>**

#### **TORPEDO PUNT**

Demonstration / Teaching Points

- For right foot kick - Hands grip on either side of ball, with right hand slightly to the rear of centre, and left hand slightly in front. Middle finger of each hand is placed along the seam and the ball is turned slightly across the body.
- Ball held over kicking foot, arms relaxed, elbows close to the body.
- Right hand guides ball to foot.
- Ball remains parallel to the ground, and contacts the upper part of the foot when ball is approximately at knee height. Toes are pointed at contact to flatten the instep.
- Eyes watch ball, foot follows through in direction of kick
- Arms move out to the sides for balance after the ball has been kicked.

Skill practices –

- Step & kick to partner 10m apart
- Three steps & kick to partner 15m apart
- “Ten Up”. First pair to ten successful kicks and marks is the winner.
- Kick and Step. Pairs start 10m apart. If successful kick and mark, each partner takes a step backward. If unsuccessful, take one step forward. Furthest successful kick and mark wins.

### **PART THREE – GAMES (15 MINS) >>>>**

Three Minutes – see page 36

## DEVELOPMENT PROGRAM YEARS 4 / 5 / 6

Equipment required – 1 Auskick football per pair, markers

### LESSON ONE – POSSESSION SKILLS; PICK UP, CHEST MARK >>>>

35 minute sessions

LEVEL	OBSERVED SKILL / STRATEGY	D	A
1	➤ Runs weaving, dodging, jumping		
1	➤ Uses all space available		
2	➤ Catches ball from a toss		
2	➤ Picks up a stationary ball with two hands		
2	➤ Observes rules in a simple games		
3	➤ Marks at different body levels		

#### WARM UP (10 MINS) >>>>

- Circle Tag – see page 32
- Footy Circus 1 – 3 ~ see page 43
- Stretches

#### SKILL DEVELOPMENT (15 MINS) >>>>

##### 1. Pick Up

Demonstration / Teaching points

- Knees bent
- Scoop ball up with two hands
- Body behind ball

Practices

- Partner practice rolling ball to partner to pick up
- Pick up , put down relays – stationary ball, moving ball



##### 2. Chest mark

Demonstration / Teaching points

- Elbows into body, palms up, body hunched forward
- Ball taken in hands and forearms and hugged to chest

Practices

- Ten up – first pair to 10 successful throws and marks
- Kick to kick, concentrating on marking



#### CULMINATION (10 MINS) >>>>

Continuous Footy (Page 33)

## LESSON TWO – EVASION SKILLS, MARKING IN FRONT, HANDBALL

LEVEL	OBSERVED SKILL / STRATEGY	D	A
1	➤ Runs weaving, dodging, jumping		
1	➤ Uses all space available		
2	➤ Performs basic evasion skills side stepping, spinning, weaving		
2	➤ Performs a simple forward kick		
3	➤ Kicks on the run		
4	➤ Marks a long kick		
4	➤ Kicks the drop punt with control		

### WARM UP (10 MINS) >>>

- Musical Footy – see page 32
- Footy Circus 4 – 6 ~ see page 43
- Stretches

### SKILL DEVELOPMENT (15 MINS) REVISE PICK UP – PWP >>>

Partner Race, roll your ball towards partner, pick up and run around partner and back to start.

Revise – Chest Mark – PWP – Drill

“Backwards/Forwards” in pairs throw ball to partner, if marked step back, if dropped step forward, after a time or number of throws, pair furthest apart wins.

#### 1. Evasion – spin & baulk

Demonstration / Teaching points

- Spin – move towards oncoming player, spin away keeping body between opponent and ball
- Baulk – move towards oncoming player, hold ball out to one side and move slightly to that direction.
- Once opponent moves in direction of ball, step past on other side.

Practices

- Partner practice – roll ball, pick up & spin or baulk
- As above moving towards oncoming partner

#### 2. Marking in front

Demonstration / Teaching points

- Marking ball above head (thumbs together, fingers up)
- Positioning body in front of opponent as to not to allow them to reach ball

Practices

- In threes, leader throwing ball up to contesting pair, begin with passive pressure from defending partner
- As above with both partners contesting for mark



#### 3. Rocket Handball

Demonstration / Teaching points

- As for Floater Handball (see page 25) but with ball tilted up at far end and ball contacted above cross on end to make ball spin backward.

Practices

- Partner practice on both hands
- “Handball Goals” – partners stand facing each other, arms length apart. Legs straight and spread wide, bent at waist to make “goals”. Try to handball through partners “goals”. Partner defends with hands. Six points per goal, one point if hits “post”. Hint – aim low.



### CULMINATION (10 MINS) >>>

Frozen Wall Ball (see page 35)

## LESSON THREE - KICKING DROP PUNT, BOUNCING, OVERHEAD MARK >>>>

LEVEL	OBSERVED SKILL / STRATEGY	D	A
2	➤ Performs a simple forward handball		
3	➤ Runs bouncing a football		
3	➤ Kicks with greater distance with control		
3	➤ Handballs on the run and combines skills		
4	➤ Executes overspin and rocket handball on the run		

### WARM UP (10 MINS) >>>>

- Chaos – see page 32
- Footy Circus 7 – 9 ~ see page 44
- Stretches

### SKILL DEVELOPMENT (15 MINS) >>>>

Revise Pick Up, Evasion, Marking, Handball, PWP. Sequence in 4s (relay)

- 1) Roll, Pick Up, Spin, Handball, Chest Mark.
- 2) Pick Up, Baulk, Handball, Mark In Front.

#### 1. Drop punt

Demonstration / Teaching points (see page 25)

Practices

- Step and kick with partner
- 3 steps and kick with partner
- 5 steps and kick with partner
- Ten Up



#### 2. Bouncing

Demonstration / Teaching points

- (For right hand bounce) – Right hand to front right corner of ball
- Left hand to left side of ball
- Extend arm to push ball into ground
- Ball should contact ground at 45 degrees as to make it bounce back to player

Practices

- Bounce while on knees, then crouching, then standing
- Bounce while walking, then running putting ball out further in front
- Bouncing relays



Teach - Overhead Mark - demo - PWP "Ablett" ie one partner holds ball in one hand high out to side, other partner runs forward, leaps high to grab (mark) ball, - progress to partner throwing ball high in the air - have a partner marking competition.

### CULMINATION (10 MINS) >>>>

Go Ball (see Page 34)

## LESSON FOUR – GOAL KICKING, REVISION

LEVEL	OBSERVED SKILL / STRATEGY	D	A
2	➤ Picks up a stationary ball with 2 hands		
4	➤ Performs evasion skills such as the baulk, spin turn, blind turn		
4	➤ Bounces ball using preferred hand		
4	➤ Executes overspin and rocket handball on the run		
4	➤ Kicks the drop punt with control		
3	➤ Marks at different body levels		

### WARM UP (10 MINS)

- Square Chase – see page 29
- Footy Circus 10 Revise Free Choice – see page 43 / 44
- Stretches

### SKILL DEVELOPMENT (15 MINS)

Revise – Pick Up, Evasion (Spin & Baulk), Bounce, Mark (Chest, Front, Overhead), Rocket Handball, Drop Punt, Kick

#### 1. Goal Kicking

Demonstration / Teaching points

- Give self enough space back from man on mark
- Kick with drop punt
- Run up straight to target
- Watch ball onto boot, ensuring straight drop
- Follow through straight with leg
- Celebrate

Practices

- Goal kicking with partner from various angles, 10 m distance, gradually increase.
- Ten Up

#### 2. Revision First

Revise – Pick up, Evasion, Bounce, Rocket Handball  
Marking in front

### CULMINATION (10 MINS)

Goal Race (see Page 37)

## LESSON FIVE – REVISION & PLAYING THE GAME

### WARM UP (5 MINS)

- Loose Caboose – see Page 30
- Footy Circus – see page 43 / 44

### SKILL DEVELOPMENT (10 – 15 MIN)

Revise in Pairs all skills

Pick Up, Evade, Bounce, Mark, Handball & Kick  
Goal Kicking Competition.

### CULMINATION

- Play Game of NAB AFL Auskick
- No contact (15 mins)



## SKILL CHECKLISTS



### HANDBALL

1. Ball placed on platform on outstretched palm of non preferred hand. \*\*
2. Firm wrist with clenched fist (thumb on outside) to strike ball on end.
3. Step towards target with opposite leg.
4. Catch fist in platform hand after punch of the ball. \*\*



### KICKING ~ DROP PUNT

1. Hands grip on either side of ball, which is held vertically. Fingers point downward. \*\*
2. Relaxed arms with wrists cocked slightly forward. Ball held over kicking foot.
3. Ball and body lined up in direction of kick. Keep your eye on the ball.
4. Ball is dropped and guided by same hand as kicking foot as to drop vertically. Lower point of ball to make contact with foot just above toes. \*\*
5. Head above ball at point of contact, eyes watch ball onto foot. Ball should spin backward in air.



### KICKING ~ TORPEDO PUNT

1. For right foot kick – hands grip either side of ball, with right hand slightly to rear, and left hand slightly in front. \*\*
2. Ball is turned slightly across the body. Ball held over kicking foot, arms relaxed, elbows close to body.
3. Right hand guides ball to foot.
4. Ball remains parallel to the ground, and contacts the upper part of the foot just above toes. \*\*
5. Eyes watch ball onto foot and foot follows through in direction of kick. Ball spins in a spiral pattern.



### CHEST MARK

1. Elbows into body, palms up and body slightly hunched forward. \*\*
2. Watch ball in flight and eyes should follow ball into arms. Body is positioned in line of flight of the ball. \*\*
3. Ball is taken in hands and forearms and hugged into chest. \*\*
4. Player uses body to protect the ball from an opposition player.



### **HAND / OVERHEAD MARK**

1. Watch ball in flight and eyes should follow ball into hands. Body is positioned in line of flight of the ball. \*\*
2. Marking ball above head – thumbs together, fingers pointed upwards. \*\*
3. Position your body as to not allow an opposition player to reach the ball.
4. Jump to meet the ball with the mark taking place slightly in front of head with arms extended. \*\*



### **BOUNCING**

1. For right hand bounce – the ball is held slightly on top by the right bouncing hand. \*\*
2. Left hand to left side of ball.
3. The arm is extended and the ball is pushed down with the right hand.
4. The ball strikes the ground at an angle of approximately 45 degrees. \*\*
5. The ball should then bounce back to the player.



### **PICK-UP**

1. Get body in line with the ball (body behind ball).
2. Bend knees (semi crouch) to meet ball. Keep eyes on the ball at all times. \*\*
3. The arms and hands are extended with fingers almost touching the ground. Palms towards the ball. \*\*
4. The ball is picked up cleanly in two hands with elbows being kept close together.



### **SHEPHERDING**

1. The aim of a shepherd is to block the progress of an opponent.
2. Arms are outstretched and your body is placed between your team-mate and the opponent. \*\*
3. Ensure to keep your arms below shoulder level. Players can only be shepherded within 5m of the ball.
4. Ensure not to hold or grab the opposition player.



### **EVASION SKILLS**

1. The Dummy (baulk) – move towards one direction, important to look in direction.
2. Once opponent moves in direction of ball, step past to the other side.
  1. The Spin (blind turn) – as an opponent gets closer, hold the ball out, spin away from opponent.
  2. Ensure you keep your body between your opponent and the ball.

\*\* Essential aspects of the skill – all other components not asterisked are desirable





## NAB AFL AUSKICK WARM UP GAMES

(START OF LESSON)

X = player      O = football      ▲ = marker

GAMES	DESCRIPTION	DIAGRAM
1. Square Chase	<ol style="list-style-type: none"> <li>1. Players stand equal distance around square.</li> <li>2. On call try to catch person in front.</li> <li>3. If caught from behind, drop out.</li> <li>4. Continue until last person running</li> </ol>	
2. First to the ball	<ol style="list-style-type: none"> <li>1. Players in pairs.</li> <li>2. One on outside circle, one inside with legs apart.</li> <li>3. Outside players run until whistle sounds.</li> <li>4. Must continue to find partner, pass through legs and retrieve ball.</li> </ol>	
3. Dodge and tag	<ol style="list-style-type: none"> <li>1. Players in pairs.</li> <li>2. One attacker, one defender, inside square.</li> <li>3. On call attackers must run to lose defender.</li> <li>4. 30 seconds then swap roles.</li> </ol>	



## NAB AFL AUSKICK WARM UP GAMES (continued)

X = player      O = football      ▲ = marker

GAMES	DESCRIPTION	DIAGRAM
4. Loose Caboose	<ol style="list-style-type: none"> <li>Trains are formed by 3 players holding onto hips of person in front.</li> <li>Two players picked as loose cabooses.</li> <li>Loose cabooses try to attach themselves to end of train.</li> <li>When attached, engine drops off and becomes loose caboose.</li> </ol>	
5. Using Space	<ol style="list-style-type: none"> <li>Groups of 4, two on either side of square.</li> <li>Players attempt to carry ball across area 3 times without being tagged.</li> <li>Ball carriers can move in any direction across area.</li> <li>First team to complete 5 successful crosses.</li> </ol>	
6. Bucketball	<ol style="list-style-type: none"> <li>Teams of eight relay.</li> <li>First player runs and picks up ball rolled by team mate.</li> <li>Place ball in bucket and continue to collect 4 balls.</li> <li>Each player has a turn before team finishes.</li> </ol>	

## NAB AFL AUSKICK WARM UP GAMES (continued)

X = player      O = football      ▲ = marker

GAMES	DESCRIPTION	DIAGRAM
<p>7. Empty Circle</p>	<p>1. Several footballs (15-20) are placed in a 5-10m diameter circle. Two children attempt to empty the circle of footballs by kicking them out of the circle one at a time using a drop punt kick. The other children must retrieve the balls and using handball only attempt to keep the circle full. Pairs should have 1 minute each to try to empty the circle.</p> <p><b>Variation:</b> Instructor/teacher kicks the ball/throw ball out of circle. Continue the game until all children have been kickers.</p> <p><b>Safety</b> - avoid kicking into other children.</p>	
<p>8. Keepings Off</p>	<p>1. 4x4 or 5x5 game.                  2. Players try to handball through goal to score.                  3. Player with ball can not move - team mates must run past to receive etc.                  4. No tackling, stealing, bumping.                  5. Variations - 3 seconds to dispose- Overspin handball only.</p>	



## NAB AFL AUSKICK WARM UP GAMES (continued)

X = player      O = football      ▲ = marker

GAMES	DESCRIPTION	DIAGRAM
9. Chaos	<ol style="list-style-type: none"> <li>1. Players in pairs.</li> <li>2. One on outside square/one inside.</li> <li>3. Players run in different directions.</li> <li>4. On call, inside player finds outside partner – completes 10 handballs.</li> </ol>	
10. Musical Footy	<ol style="list-style-type: none"> <li>1. Footballs spread around inside square.</li> <li>2. Players run around the outside of square.</li> <li>3. On call- players race (carefully!) for a ball (1 ball less)</li> <li>4. Player who misses out becomes the caller.</li> <li>5. Put balls down and play again in reverse direction.</li> </ol>	
11. Circle Tag	<ol style="list-style-type: none"> <li>1. Two players in small square. (X &amp; X)</li> <li>2. Rest outside small but inside big square.</li> <li>3. Two players handball to tag (below waist) players as they run around try to dodge ball.</li> <li>4. If hit, players come in and help taggers.</li> <li>5. When no balls are left - outside players bring them back for taggers.</li> <li>6. Game continues in opposite direction.</li> </ol>	

## NAB AFL AUSKICK SKILL GAMES

(END OF LESSON)

X = player

O = football

▲ = marker

V = opposition

GAMES	DESCRIPTION	DIAGRAM
1. Bombardment	<ol style="list-style-type: none"> <li>2 teams of 10 or 12.</li> <li>Players can run 10m before handballing to team mate.</li> <li>Object is to knock over opposition markers in end zone.</li> <li>Can move anywhere except in end zone.</li> </ol>	
2. Ballups	<ol style="list-style-type: none"> <li>2 opposing ruckmen in middle square.</li> <li>Aim is to palm ball to team mate in bigger square, who in turn needs to get ball to team mate outside square.</li> <li>One point if successful.</li> <li>Players must move to position to receive ball.</li> </ol>	
3. Continuous Footy	<ol style="list-style-type: none"> <li>Teams of 4-8.</li> <li>Batter kicks one left/one right.</li> <li>Fielders return balls to starting position while runner runs around end markers in figure eight.</li> <li>Runner is out when both balls returned to starting position.</li> </ol>	



## NAB AFL AUSKICK SKILL GAMES (continued)

X = player      O = football      ▲ = marker      V = opposition

GAMES	DESCRIPTION	DIAGRAM
4. Go Ball	<ol style="list-style-type: none"> <li>Class divided into two teams</li> <li>Players match up with an opposition player.</li> <li>One team kicks and the other team retrieves.</li> <li>Kicking team lines up side by side with opponent, one signal "GO", kicker kicks ball as far as possible, then turns and starts running, over and back is one run.</li> <li>Opponent must run and retrieve ball as quickly as possible, when they return to line runner must stop.</li> <li>When all retrievers are back the kicking team adds up their total runs.</li> <li>Reverse roles to see if opposition can score more runs, ie kickers become retrievers, retrievers become kickers.</li> <li>Team with the most runs wins.</li> </ol> <p><b>Variation:</b> Type of kick or non-preferred side. Retrievers must bounce ball on way back.</p>	<p>The diagram shows a 2m distance between two markers (▲). Below this, a kicking team (XO) and an opposition team (V) are lined up. Arrows indicate the ball being kicked from the kicking team towards the opposition. A curved arrow labeled 'retrieve' shows the opposition player (V) moving to catch the ball. The diagram is repeated to show the reverse roles.</p>
5. Long Ball	<ol style="list-style-type: none"> <li>Rectangular field with long base at one end and home base at other.</li> <li>Kicker kicks and runs to long base.</li> <li>Aim is to get back to home base – may stay at long base if can't make it home</li> <li>One point if get to home base</li> <li>Kicker out if – ball caught on full – runner is tagged with ball off base</li> </ol>	<p>The diagram shows a rectangular field with markers (▲) at the corners. A 'Home Base' is marked at the bottom right. A kicker (X) is positioned at the top left, and an opposition player (V) is at the bottom left. The field contains several other players (X) and opposition players (V) in various positions. A ball (O) is shown near the Home Base.</p>

## NAB AFL AUSKICK SKILL GAMES (continued)

X = player

O = football

▲ = marker

V = opposition

GAMES	DESCRIPTION	DIAGRAM
6. Frozen Wall Ball	<ol style="list-style-type: none"> <li>Two teams with 3 players each in middle of square</li> <li>All other players lined up along outside of "wall"</li> <li>2x2 in middle trying to get ball to end player to score goal.</li> <li>Players may use outside "wall" players to assist in moving ball – "wall" players may not move</li> <li>Handball only, no tackle.</li> </ol>	
7. "123 & In"	<p>HANDBALL</p> <ol style="list-style-type: none"> <li>Teams of 4</li> <li>3 handballs before 1st opponent comes in</li> <li>Opponents enter after 3,6,9,12 handballs</li> <li>Object how many handballs before ball is touched or ball goes outside square.</li> </ol>	
8. Race the Ball	<ol style="list-style-type: none"> <li>Form teams of 6-8. Two or three games.</li> <li>One team forms a circle approx 2m apart, the other lines up.</li> <li>Circle team handballs around the circle counting all handballs.</li> <li>The other team, one player at a time, (relay) run and bounce around.</li> <li>Teams swap, team and the most handballs wins.</li> </ol> <p><b>Variation:</b> non-preferred handball.</p>	<p>Bounce around circle</p>



X = player

V = opposition

O = football

▲ = marker

## NAB AFL AUSKICK SKILL GAMES (continued)

X = player

O = football

▲ = marker

V = opposition

GAMES	DESCRIPTION	DIAGRAM
9. Volleyball	<ol style="list-style-type: none"> <li>Teams of 4</li> <li>Ball is handballed over net/centre line (head height) and caught 'in the hands' or 'on the chest'.</li> <li>Players can pass the ball up to 3 times before returning it back over.</li> <li>Score is kept of errors made eg. dropped ball – off court etc.</li> </ol> <p><b>Variations:</b> 'in hands' only – reduce time to pass ball.</p>	
10. Astride Ball	<ol style="list-style-type: none"> <li>2 teams of 4-5 facing each other.</li> <li>Each player has feet astride, touching feet of next player.</li> <li>Players attempt to handball using overspin, through the legs (2pts) or between players (1pt).</li> <li>Defenders can use hands only to stop ball.</li> </ol>	
11. 3 Minutes	<ol style="list-style-type: none"> <li>2 Teams of 4 or 5</li> <li>Aim is to score as many goals as possible in 3 minutes.</li> <li>Attacking team can only score goals (2 pts)</li> <li>Defenders get 1 pt if intercepted and ball is returned to attackers.</li> <li>If attackers are tagged with ball, they have 3 secs to dispose, if not 1 pt to defenders.</li> <li>Swap at end of 3 minutes.</li> </ol>	

## NAB AFL AUSKICK SKILL GAMES (continued)

X = player

O = football

▲ = marker

V = opposition

GAMES	DESCRIPTION	DIAGRAM
12. Goal Race	<p>ALL SKILLS</p> <ul style="list-style-type: none"> <li>- Teams – half of squad/team.</li> <li>- Race team ball from end to end.</li> <li>- First team ball back to start – wins.</li> <li>- Change skills ie kick only, handball only etc.</li> </ul>	<pre> X X X X X O X           </pre> <pre> V V V V V V V           </pre>
13. Long Bomb	<p>KICK, MARK</p> <ul style="list-style-type: none"> <li>- Teams of 4-6</li> <li>- Kick from square to square</li> <li>- Mark in square one point</li> <li>- Dropped ball or out of square – lose a point.</li> </ul>	
14. Rounders	<p>ALL SKILLS</p> <ul style="list-style-type: none"> <li>- Teams of 4-8</li> <li>- Batter kicks between 1<sup>st</sup> and 3<sup>rd</sup> based.</li> <li>- Fielders retrieve ball and kick around bases once.</li> <li>- Batter runs around bases till fielders finish kicking</li> </ul>	<pre>       V      V V      ▲      V fielders       ▲      ▲           ▲ 5-10m batters X X X X           </pre>

## NAB AFL AUSKICK TEAM DRILLS

X = player

O = football

▲ = marker

L = leader

C = coach

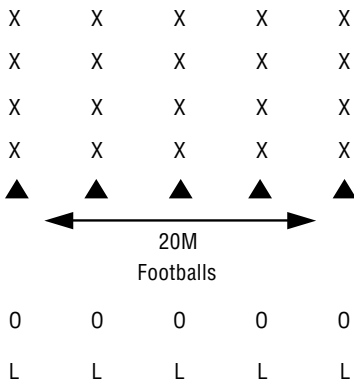
### RACE FOR THE BALL

**Aim; Practice gaining and maintaining possession of the ball.**

- Five groups of four players
- Lead to stationary ball
- Pick up and handball to leader
- Leader replaces ball and joins end of group, player becomes new leader

*Progressions;*

1. Pick up & evade (spin / baulk) then handball
2. Pick up rolling ball, evade, bounce & handball
3. Pick up rolling ball, bounce & kick to lead
4. Pick up & kick for goal



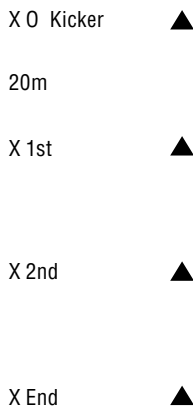
### DUMMY LEAD

**Aim; Lead forward to create space from behind, 2<sup>nd</sup> effort to receive ball**

- 5 groups of four on markers 20m apart up and down ground
- Middle players lead (1<sup>st</sup> player) to create space behind
- Ball kicked to 2<sup>nd</sup> players lead.
- 1<sup>st</sup> player turns and receives handball from second
- Player follows ball to group delivered to. Drill repeats from opposite end

*Progressions;*

1. Run in pairs, each lead a contested mark
2. Include spoiling to front, blocking etc



## NAB AFL AUSKICK TEAM DRILLS (continued)

X = player

O = football

▲ = marker

L = leader

C = coach

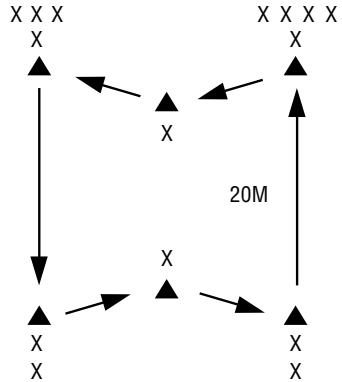
### SIX POINT HANDBALL

**Aim; Promote accurate handball, moving to space to receive handball**

- Groups with 3 of 4 players on corners, one player on centre markers.
- Ball travels around 6 markers, players follow ball to next marker
- Players move off end markers to receive ball on the move

*Progressions;*

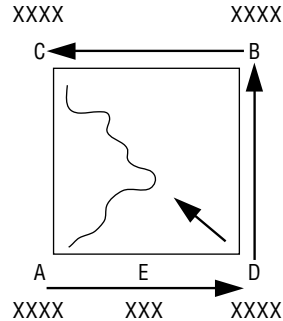
1. Add another ball
2. Players follow up to provide shepherd
3. Introduce passive opposition
4. Increase distance to kicking drill



### COMBINATION DRILL

**Aim; To practice pick up, bouncing, evasion, handball, kicking.**

- 3 or 4 players at each corner of 20m – 40m square, plus one group at bottom of square
- Player A runs and bounces ball around D and kicks to B
- B kicks to C
- C marks & rolls ball to D
- D gathers, evades E & handballs to A
- Players follow ball to group (E swaps over)



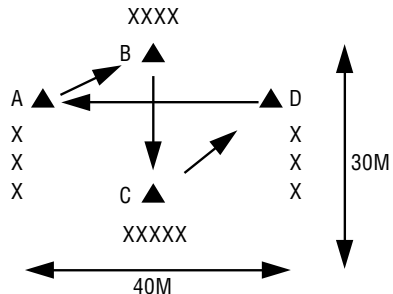
### FIGURE 8 KICKS

**Aim; Short and long kicks on the run, kicking to advantage**

- 4 or 5 per group
- Ball and players travel from A to D
- Concentrate on running straight to target and dropping ball straight
- Kicking foot should hit the ground first after kick on the run

*Progressions;*

*Use non preferred foot. Coach or defender adds passive pressure*



## NAB AFL AUSKICK TEAM DRILLS (continued)

X = player

O = football

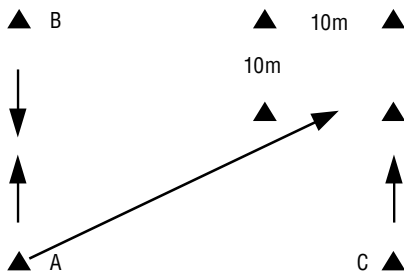
▲ = marker

L = leader

C = coach

### KICK TO SPACE

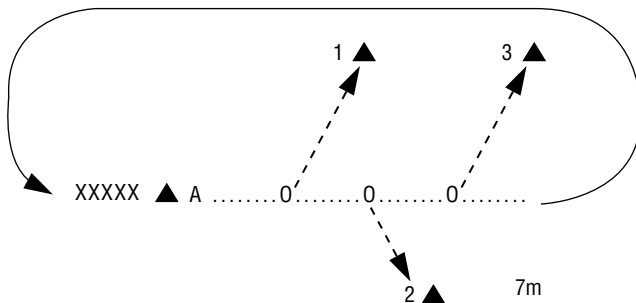
**Aim:** To practice kicking ball into space in front of running player. Practice switching play.



- Groups of 3 or 4 on each marker.
- Player A leads directly at B. B kicks to A and follows up to become man on the mark.
- Player A pushes back hard - 10 paces. 'Opens vision' and kicks ball to square.
- C leads into square (once A has finished pushing back).

### HANDBALL UP

**Aim:** To practice handballing to a target, picking up stationary ball.



- Player from A runs out and picks up first ball and handballs up to player on marker 1. Player A repeats at second and third football. When player on marker receives handball he replaces football in original position as quickly as possible (ball must be stationary - place ball down - do not roll!)
- Next player leaves marker A once first ball is back on ground.
- Extension - passive pressure on player handball up. 4 markers / 4 footballs.

## NAB AFL AUSKICK TEAM DRILLS (continued)

X = player

O = football

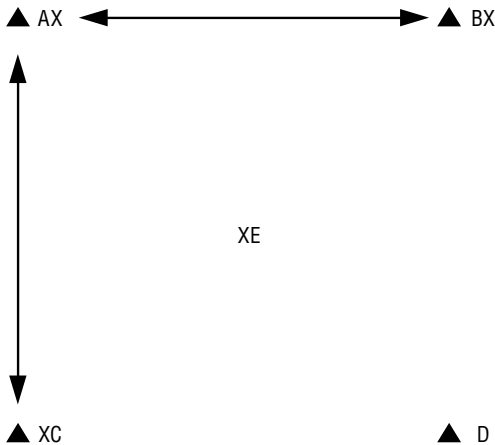
▲ = marker

L = leader

C = coach

### OPEN MAN

**Aim:** To practice handballing accurately and running to an open position.



- Players on markers can only handball down the line - not diagonally.
- Player who is caught in diagonal position to the ball must run to an open marker - provide option down the line.
- Player in middle endeavours to intercept.
- Work for 1-2 minutes, rotate positions.

#### *Progressions*

- *Handball with opposite hands.*

## NAB AFL AUSKICK TEAM DRILLS (continued)

X = player

O = football

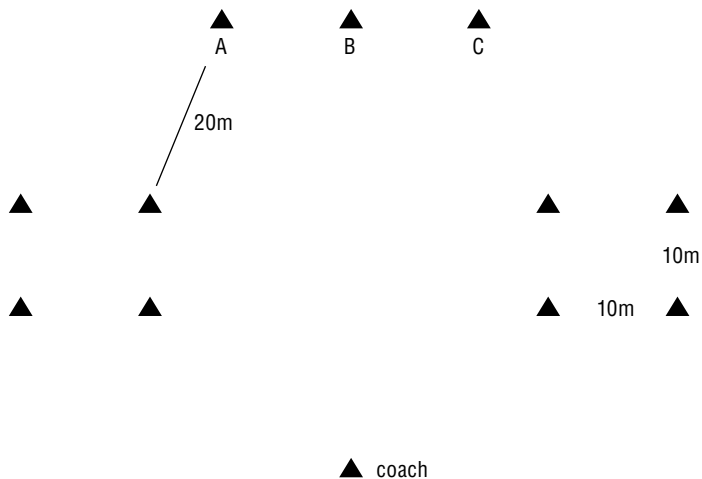
▲ = marker

L = leader

C = coach

### WHICH WAY?

**Aim:** To practice decision making/accurate kicking.



- A & C lead into respective squares - important they lead into squares and not at the kicker.
- Ball is rolled by coach towards player A, who picks up and kicks to best option.
- Player C is the defender and has to decide which is the best way of defending the situation.

## “FOOTY CIRCUS” - FUN WITH SKILLS

HERE ARE SOME OF THE BALL HANDLING DRILLS



1. Tap the ball along the ground in a figure eight around between your legs. Go slowly, then faster.

2. Move the ball in a circle around your legs. Go as fast as you can.



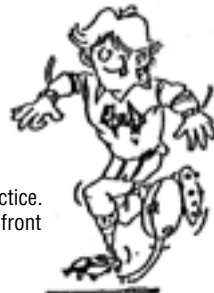
3. Do a figure eight around and between your legs.



4. Sit on the ground. Toss the ball high into the air. Get up as quickly as you can and catch the ball. Try chest marks, overhead marks and try jumping up high to mark.



5. This one is hard and needs a lot of practice. Place the ball between your feet either in front or behind and then catch it.





6. Hold the ball overhead. Drop it down behind your back and then catch it.



7. Little kick up above your head. Mark the ball.



8. Little handball above your head. Catch the ball. (Try - punch, clap, catch).



9. Hold ball behind back, throw up and forward. Catch the ball in front.



10. Try to invent your own trick!!!



The purpose for undertaking activities such as “Footy Circus” is to develop ball handling skills along with hand – eye coordination. Because the ball is not round, players need to get use to how the ball will move both on the ground and in the air. On the following page are more examples of other ball handling activities.

## **OTHER “FOOTY CIRCUS” ACTIVITIES**

### **BOUNCE OFF KNEE**

Bounce the football off your knee and catch the ball with both hands and include a variation of clapping your hands when you bounce the football on your knee before you catch it.

### **PARTNER ACTIVITIES:**

#### **FOOT FLICK**

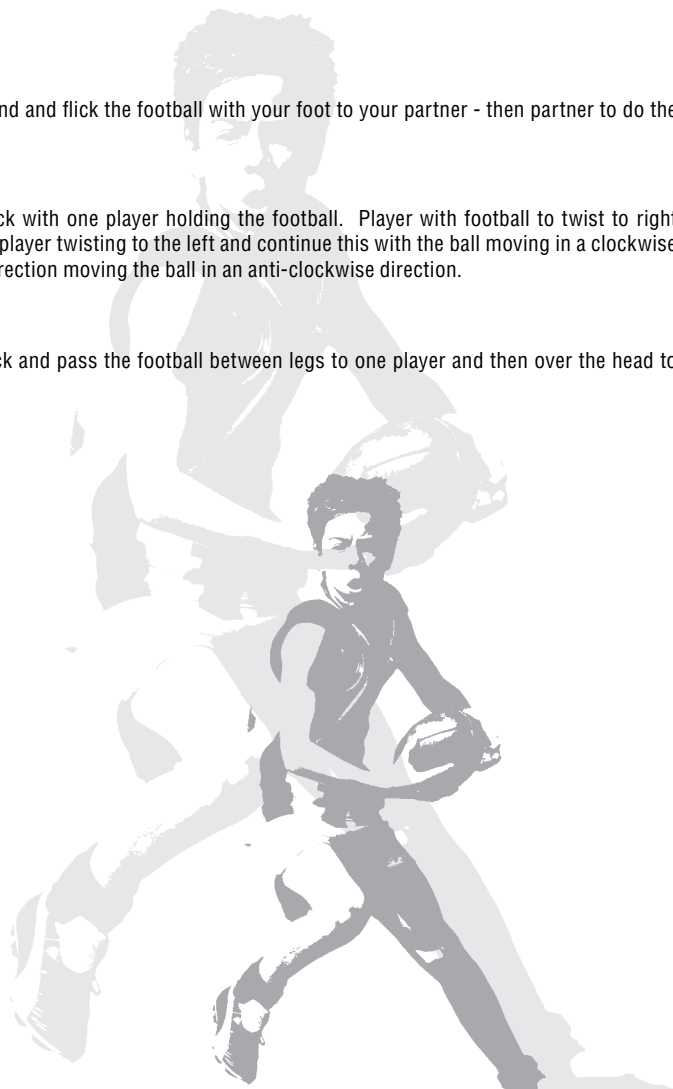
Place the football on the ground and flick the football with your foot to your partner - then partner to do the same back to you.

#### **TWISTER**

Partners to stand back-to-back with one player holding the football. Player with football to twist to right and pass the football to other player twisting to the left and continue this with the ball moving in a clockwise direction. Then change the direction moving the ball in an anti-clockwise direction.

#### **UNDER AND OVER**

Partners to stand back-to-back and pass the football between legs to one player and then over the head to the other player.





## **SMARTER THAN SMOKING SKILL ACHIEVEMENT CERTIFICATE SCHEME**

### **INTRODUCTION**

The NAB AFL Auskick Skill Certificates are a valuable support material for the development of Australian Football at junior community club or primary school level. The major aim of the scheme is to build the individual players self esteem through having success at gaining football skills.

Research tells us that the years 9 – 12 are critical in the development of a positive attitude to lifelong involvement in football. This period is the optimal time for young people to learn the game. People who feel valued and confident will have increased self esteem and therefore likely to continue to youth football.

#### **The objectives of the scheme are –**

- To provide a focus for NAB AFL Auskick Coaches and Teachers that is based on skill learning.
- Provide extra motivation for our junior players to practice their skills and strive to improve.
- To assist NAB AFL Auskick Coaches and Teachers with their season planning by giving them clear guidance on what they should be teaching each player.
- To make NAB AFL Auskick Coaches and Teachers more accountable for the skill learning of their players.
- Provide parents with reliable and valid information regarding their child's progress in learning the skills of NAB AFL Auskick.

### **BASIC FORMAT**

- The testing program is to be conducted by all NAB AFL Auskick Coaches and Teachers during the season.
- Coaches should conduct a parent information meeting to explain the program.
- Training sessions over a five week period should reflect the skills to be tested. Players are encouraged to practice these skills in their own time.
- At the end of a five week period coaches, with the assistance of parent helpers, will conduct the tests and discuss the results with players and parents (this period may vary – coach able to test when players are deemed ready).
- A new five week practice period is then conducted followed by a test in the sixth week.
- Clubs should retain the continuums for players at the end of the season as a record of skill levels for the following years' coaches' information.

## **NAB AFL AUSKICK SKILLS CONTINUUM**

Below is an easy reference for Teachers and Coaches of the basic and varied skill tests required to be undertaken by children wishing to obtain the numerous NAB AFL Auskick Skill Award Certificates.

### **NAB AFL AUSKICK FOOTBALLER**

- Dribble the ball along the ground with the hands in a zig zag fashion between markers over 10 metres.
- Run fast for 10 metres and pick up a stationary football with two hands – on both sides of the body.
- Handball a football.
- Mark on the chest a football tossed from 3 metres.
- Punt kick a ball for five metres with preferred foot through a goal.

Coach \_\_\_\_\_ Date Passed \_\_\_\_\_

### **TACKER**

- Run quickly for 40 metres, touching the ball to the ground every 10 metres on alternate sides of the body.
- Run, bowl a football down in front and then pick it up again whilst running.
- Run and jump up to grab with two hands a ball held overhead by an adult.
- Run for 40 metre bouncing a football with both hands together or with either hand every 10 metres.
- \*Mark in the hands in front of the body (rather than on the chest) a ball tossed from 5 metres.
- \*Kick a drop punt with the preferred foot for 7 metres. Kick a punt with the non-preferred foot for 6 metres.

Coach \_\_\_\_\_ Date Passed \_\_\_\_\_

### **MINI FOOTBALLER**

- Kick a punt with the preferred foot for 10 metres.
- Kick a drop punt with the preferred foot for 9 metres.
- Kick a punt with the non-preferred foot for 8 metres.
- Handpass a football with the right and left hands 2 metres to a stationary partner.
- \*Mark a football kicked from 10 metres.

Coach \_\_\_\_\_ Date Passed \_\_\_\_\_

### **BRONZE FOOTBALLER**

- Kick a drop punt with the preferred foot for 14 metres and with the non-preferred foot for 10 metres whilst running forward.
- Mark a ball over the head, which has been kicked from 10 metres.
- Handpass a ball 2 metres to another player while running together then reverse the direction and repeat with the alternate hand.
- Run 75 metres bouncing a football with alternate hands every 15 metres in under 18 seconds.
- \*Demonstrate a side bump against a stationary opponent whilst going for the ball.

Coach \_\_\_\_\_ Date Passed \_\_\_\_\_



### **SILVER FOOTBALLER**

- \*Kick a torpedo punt with the preferred foot for 20 metres. Kick a drop punt with the preferred foot for 18 metres.
- \*Mark a football on the chest and above the head from 15 metres whilst running.
- \*Foot pass to a teammate running quickly towards the kicker over 18 metres.
- Kick at least 6 goals out of 10 shots from 18 metres.
- Punch a ball tossed from 5 metres out of the air with a fist.
- Perform a side step around a stationary opponent.

Coach \_\_\_\_\_ Date Passed \_\_\_\_\_

### **GOLD FOOTBALLER**

- \*Kick a torpedo punt with the preferred foot for 25 metres.
- Kick a drop punt with the preferred foot for 23 metres.
- Kick a punt with the non-preferred foot for 20 metres.
- Run 75 metres bouncing a football with alternate hands every 15 metres in under 15 seconds.
- Pass the ball with the non-preferred foot to a player running quickly towards the kicker over 17 metres.

Coach \_\_\_\_\_ Date Passed \_\_\_\_\_

### **PLATINUM FOOTBALLER**

- Kick 3 goals out of 5 shots with the preferred foot from 25 metres and 3 goals out of 5 shots with the non-preferred for 20 metres.
- Perform a 'rocket' handball over 10 metres to a teammate with alternate hands.
- Spoil from behind an opponent attempting to overhead mark a kick from 20 metres.
- Perform a one handed pick-up of a stationary ball and immediately handball to a teammate 10 metres away.
- Tackle a stationary player correctly from behind and from side on.

Coach \_\_\_\_\_ Date Passed \_\_\_\_\_

### **NOTES**

1. Tick criteria passed.
2. Sign when level is achieved.
3. Two successful trials out of three are required for a pass.

\*It is suggested that the Coach conducts this test item.

## 2010 NAB AFL JUNIOR RULES FLOW CHART YEARS 4-5

AS AT 1 MARCH 2010

	RULES	NOTES/EXPLANATION
<b>STANDARD</b>		
1. Playing Field	110m (length) x 80m (width) Maximum	
2. The Team	9, 12 or 15-a-side – no rucks and rovers. Unlimited reserves. Equal game time rules applies (refer junior club manual)	Should one team be low on numbers, coaches should work together to ensure teams are even on field. (i.e. assist team with low numbers by lending a player or players) <b>Numbers on field should always be even.</b>
3. Playing Time	4 quarters, each of no more than 15 minutes	It is strongly recommended however that Year 4's & Year 5's play only 12 minute quarters. <b>Please refer to your Junior Competition Committee.</b>
<b>GENERAL MODIFIED RULES FOR 4s &amp; 5s</b>		
4. Start of Play	<ul style="list-style-type: none"> <li>A. Ball up between 2 centre players</li> <li>B. Players should be approx. equal size.</li> <li>C. Full possession rule applies. (refer to notes)</li> <li>D. Max. 3 players from each team closer than 20m to ball up.</li> </ul>	Prior to start of play, umpire to undertake pre-game safety check. (i.e. check boots, fingernails, jewellery, goal post pads etc) <b>"Full possession rule"</b> – players contesting a ball up or centre bounce may not take possession of the ball during the ruck contest. They may only take possession after the ball has touched a player who is not involved in the ruck contest.
5. After a goal	Centre ball up as in 4. Different centre players should contest the centre ball up each time.	Umpire may choose alternative players of similar size where necessary.
6. Scrimmage	Umpire stops play. Send players back to positions and ball up used. Full possession rule applies. (refer notes in 4.)	Coaches should assist umpires by instructing players to move back to position. This will be in avoiding further congestion.
7. Out of Bounds	<ul style="list-style-type: none"> <li>A. From a kick. Kick awarded to nearest opponent.</li> <li>B. If there is doubt as to which team kicked the ball - ball up 10m in.</li> <li>C. Off hands or body - ball up 10m in.</li> <li>D. Full possession rule. (refer notes in 4.)</li> </ul>	Umpire to ball up 10m inside the boundary to reduce the incidents of additional ball ups. (i.e. less chance of ball going out of bounds, less congestion)

	RULES	NOTES/EXPLANATION
8. Tackling	<p><b>Hand Tackle rule applies.</b></p> <p><b>A. Whereby a player applies a legal hand tackle, the player with the ball must dispose of it correctly within three seconds or a free kick for “holding the ball” will be awarded.</b></p> <p><b>B. If player with the ball had prior opportunity to dispose of the ball prior to be being tackled, they will be deemed “holding the ball” also.</b></p> <p><b>C. If a player bounces the ball whilst being hand tackled, they will be deemed “holding the ball.”</b></p>	<p>in a “hand tackle” the tackler may grab any part of the opponent’s jumper with one or two hands provided it is not above the shoulder. <b>The tackling player cannot wrap arms around opponent, knock the ball out of hands, or push in the side. However the player executing the tackle is permitted to hold onto their opponent if their opponent still has possession of the ball.</b> The “intent” of the tackler must not be to bring his/her opponent to the ground and if the umpire believes this was the case, a free kick will be awarded. If the player being tackled <b>deliberately</b> falls over in the tackle, they will be deemed holding the ball. Coaches should instruct players to keep their feet where possible.</p> <p><b>“Slinging”</b> a player is strictly not permitted. A sling occurs when the actions of the tackler cause the player to be thrown to the ground after or during possession. A sling free kick will <b>not</b> be paid if the umpire deems that the tackler <b>did not deliberately or aggressively</b> try to throw the player to the ground.</p>
9. Bumping / Barging	<p>A. Deliberate, Incidental/accidental bumping is NOT allowed.</p> <p>B. If a player with the ball barges, fends off or chops past opponents a free kick will awarded against that player.</p>	<p>The only contact permitted via the “hand tackle”.</p>
10. High Contact	<p>No contact above the shoulder is permitted.</p>	<p>Umpires are instructed to award free kicks for <b>any high contact</b>. A free kick will be awarded regardless of whether the high contact is intentional or unintentional.</p>

	<b>RULES</b>	<b>NOTES/EXPLANATION</b>
11. Stealing/ Smothering	Player may attempt to snatch or steal the ball but if unsuccessful and contact is made a free kick will be awarded to opponent. This is to prevent the ball falling to the ground and a pack forming. No smothering is permitted. (refer notes)	A “smother” is whereby a player’s <b>intent</b> is to deliberately try to smother the ball off the boot whilst in the kicking action. It should not be deemed a smother if the ball is kicked into the man on the mark or an opposing player in general play.
12. Shepherding	Players are not permitted to push, shoulder or block an opponent who is not in possession of the ball.	The only contact permitted is incidental contact or via the “hand tackle”.
13. Mark	Catch the ball directly from kick irrespective of distance travelled.	The marking player must control the ball directly from the kick. (i.e. the ball must not touch another player in flight) Consideration of weather conditions may be taken into account.
14. Bouncing the Ball (or touching the ball down)	A player is permitted to bounce the ball only <b>once</b> then dispose of the ball.	The player in possession must dispose of the football or take a bounce prior to travelling 15 metres.
15. Kicking off the Ground	Players are not permitted to <b>deliberately</b> kick the ball off the ground or use feet to control the ball whilst it is on the ground.	Whereby the foot makes <b>accidental</b> contact to the ball, the umpire should call play on.
16. Order-off Rule	To be applied. Penalty as per yellow and red card system.	Prescribed penalty process <b>does not</b> apply in these age groups.
17. Staying in Position	To stop congestion, <b>umpires &amp; coaches</b> should instruct players to stay in position.	Standard position play should be taught to improve the flow of the game.
18. Coaches	Coach allowed onto ground to coach in <b>Years 4’s competition only.</b>  <b>In the Year 5’s competition Coaches are not permitted on the ground</b>	<b>Runners are not permitted on the ground during Year 4’s competition.</b> Coaches <b>should not</b> carry coaching boards or clip boards on the ground during play for safety reasons.  <b>One Runner only</b> is permitted on the ground in <b>Year 5’s</b> competition; however they should immediately exit the ground after delivering a message.

	RULES	NOTES/EXPLANATION
19. Other Rules and Laws	As per AFL Laws of Football	
<b>OTHER IMPORTANT INFORMATION</b>		
20. The Game	<b>No premiership points, no finals, no ladders, no match results, names of players published. Skill clinics, carnival days to be held.</b>	Coaches should endeavour to give each player even game time throughout the season. This will improve player retention and enjoyment.
21. Awards	Participation, effort and skill achievement.	
22. Clearances	Automatic clearance.	
23. Tribunals	No tribunal, discipline is responsibility of club.	<b>In the case of any disciplinary action handed down by a club, that club must forward to the JCC in writing the outcome of that hearing.</b>
24. Spirit of the game	Umpire to instruct players and coaches to shake hands before and after the game.	The rules from NAB AFL Auskick through to 12s football have been modified over time to assist junior players with skill development and understanding of the game. Coaches should endeavour to coach players within the spirit that these rules were intended.



## 2010 NAB AFL JUNIOR RULES FLOW CHART 11-12 YEARS

AS AT 1 MARCH 2010

	RULES	NOTES/EXPLANATION
<b>STANDARD</b>		
1. Playing Field	110m (length) x 80m (width) maximum.	
2. The Team	9, 12 or 15-a-side – no rucks and rovers. Unlimited reserves. Equal game time rules applies (refer junior club manual)	Should one team be low on numbers, coaches should work together to ensure teams are even on field. (i.e. assist team with low numbers by lending a player or players) <b>Numbers on field should always be even.</b>
3. Playing Time	4 quarters, each of no more than 15 minutes	
<b>GENERAL MODIFIED RULES FOR 11's &amp; 12's</b>		
4. Start of Play	<ul style="list-style-type: none"> <li>A. Ball up between 2 centre players</li> <li>B. Players should be approx. equal size.</li> <li>C. Full possession rule applies. (refer to notes)</li> <li>D. Max. 3 players from each team closer than 20m to ball up.</li> </ul>	Prior to start of play, umpire to undertake pre-game safety check. (i.e. check boots, fingernails, jewellery, goal post pads etc) <b>"Full possession rule"</b> – players contesting a ball up or centre bounce may not take possession of the ball during the ruck contest. They may only take possession after the ball has touched a player who is not involved in the ruck contest.
5. After a goal	Centre ball up as in 4. Different centre players should contest the centre ball up each time.	Umpire may choose alternative players of similar size where necessary.
6. Scrimmage	Umpire stops play. Send players back to positions and ball up used. Full possession rule applies. (refer notes in 4.)	Coaches should assist umpires by instructing players to move back to position. This will assist in avoiding further congestion.
7. Out of Bounds	<ul style="list-style-type: none"> <li>A. From a kick. Kick awarded to nearest opponent.</li> <li>B. If there is doubt as to which team kicked the ball - ball up 10m in.</li> <li>C. Off hands or body - ball up 10m in.</li> <li>D. Full possession rule. (refer notes in 4.)</li> </ul>	Umpire to ball up 10m inside the boundary to reduce the incidents of additional ball ups. (i.e. less chance of ball going out of bounds, less congestion)

	<b>RULES</b>	<b>NOTES/EXPLANATION</b>
8. Tackling	<p><b>Wrap around tackle or hand tackle is permitted.</b></p> <p><b>A. Whereby a player applies a legal tackle, the player with the ball must dispose of it correctly within three seconds or a free kick for “holding the ball” will be awarded.</b></p> <p><b>B. If player with the ball had prior opportunity to dispose of the ball prior to being tackled, they will be deemed “holding the ball” also.</b></p> <p><b>C. If a player bounces the ball whilst being tackled, they will be deemed “holding the ball.”</b></p>	<p>In a “wrap around tackle” the tackler may wrap arms around the body and or arms of the opponent. Players may also bring their opponent to the ground in the tackle provided it is not via “slinging”.  <b>“Slinging”</b> a player is strictly not permitted. A sling occurs when the actions of the tackler cause the player to be thrown to the ground after or during possession.            A sling free kick will <b>not</b> be paid if the umpire deems that the <b>tackler did not deliberately or aggressively</b> try to throw the player to the ground.</p>
9. Bumping / Barging	Bumping and barging is permitted as per AFL laws.	<p>A player may make contact with another player by using his hip, shoulder, chest, arms or open hands provided that the football is no more than 5 metres away from the player.</p> <p>A player may also fend off an opponent using an open hand to the chest or side of the body provided that the football is no more than 5 metres away from the player.</p>
10. High Contact	No contact above the shoulder is permitted.	Umpires are instructed to award free kicks for <b>any high contact</b> . A free kick will be awarded regardless of whether the high contact is intentional or unintentional.
11. Stealing/ Smothering	Stealing or smothering the football whilst the opponent is in the process of kicking or has possession in general play is permitted.	
12. Shepherding	Shepherding is permitted.	As per AFL laws. A player is not permitted to shepherd more than 5 metres from the ball.
13. Mark	A “mark” is paid when the player catches the ball directly from kick which has travelled a minimum distance of 10 metres.	The marking player must control the ball directly from the kick. (i.e. the ball must not touch another player in flight)

	RULES	NOTES/EXPLANATION
14. Bouncing the Ball (or touching the ball down)	A player is permitted to bounce the ball <b>twice prior to</b> disposing of the ball.	The player in possession must dispose of the football or take a bounce prior to travelling 15 metres.
15. Kicking off the Ground	Players are not permitted to <b>deliberately</b> kick the ball off the ground or use feet to control the ball whilst it is on the ground.	Whereby the foot makes <b>accidental</b> contact to the ball, the umpire should call play on.
16. Order-off Rule	To be applied. Penalty as per yellow and red card system.	Prescribed penalty process <b>does not</b> apply in these age groups.
17. Staying in Position	To stop congestion, <b>umpires and coaches</b> should instruct players to stay in position.	Standard position play should be taught to improve the flow of the game.
18. Coaches	Coaches are <b>not</b> permitted on ground.	<b>One Runner only is permitted on the ground in 11's &amp; 12's competition, however they should immediately exit the ground after delivering a message.</b>
19. Other Rules and Laws	As per AFL Laws of Football	
OTHER IMPORTANT INFORMATION		
20. The Game	<b>No premiership points, no finals, no ladders, no match results, names of players not to be published. Skill clinics, carnival days to be held.</b>	Coaches should endeavour to give each player even game time throughout the season. This will improve player retention and enjoyment.
21. Awards	Participation, effort and skill achievement.	
22. Clearances	Automatic clearance.	
23. Tribunals	No tribunal, discipline is responsibility of club.	<b>In the case of any disciplinary action handed down by a club, that club must forward to the JCC in writing the outcome of that hearing.</b>
24. Spirit of the Game	Umpire to instruct players and coaches to shake hands before and after the game.	The rules from NAB AFL Auskick through to 12s football have been modified over time to assist junior players with skill development and understanding of the game. Coaches should endeavour to coach players within the spirit that these rules were intended.



## 2010 NAB AFL AUSKICK RULES FLOW CHART 5-7 YEARS

### NAB AFL AUSKICK SUPARULZ - 8 YEAR OLD AUSKICKERS

AS AT 1 MARCH 2010

	NAB AFL Auskick Program for 5-7 Year Olds	NAB AFL Auskick SupaRulz 8 year Olds
1. Playing Field	Half senior size. Approx. 80m. Divide into three zones –30/20/30m	Half senior size. Approx. 90m x 40m Grid with centre circle. Divide into three zones –30/30/30m
2. The Team	6 or 9-a-side preferred – no rucks and rovers. Unlimited reserves. Rotate players every quarter.	9 or 12 a-side preferred – no rucks and rovers. Unlimited reserves. Rotate players every quarter.
3. Playing Time	Up to 4 x 10 minute maximum quarters	Up to 4 x 10 minute maximum quarters
4. Start of Play	A. Ball up between 2 centre players B. Players should be approximately equal size C. Players cannot take full possession out of ruck contests.	A. Ball up between 2 centre players B. Players should be approximately equal size. C. Players cannot take full possession out of ruck contests.
5. After a goal	As in 4. Different players contest the ruck each time. Goals can only be kicked by players in forward zone.	As in 4. Different players contest the ruck each time. Goals can only be kicked by players in forward zone.
6. Scrimmage	No diving on ball. Umpire stops play. Free kick awarded to nearest opponent.	No diving on the ball. Umpire stops play. Free kick awarded to nearest opponent.
7. Out of Bounds	A. From a kick. Kick awarded to nearest opponent. B. If doubt as to which team kicked the ball. Ball up 5m in C. Off hands or body - ball up 5m in from boundary D. Full possession rule.	A. From a kick. Kick awarded to nearest opponent. B. If doubt as to which team kicked the ball. Ball up 5m in. C. Off hands or body - ball up 5m in from boundary. D. Full possession rule.
8. Tackling	Players cannot hold with hands, knock out of hands, push in side, steal the ball. Players given every opportunity to deliver ball i.e. No harassing.	<b>Modified hand tackle rule. Hold and release the “jumper only” with one or two hands.</b> <b>Strictly no slinging or deliberately bringing the opposition player to the ground.</b> <b>Grabbing the arms or applying a wrap around tackle is not permitted.</b> <b>Players once tackled and released have 3 seconds to dispose of the ball.</b>

	<b>NAB AFL Auskick Program for 5-7 Year Olds</b>	<b>NAB AFL Auskick SupaRulz 8 year Olds</b>
9. Bumping	No deliberate bumping. No deliberate contact is permitted.	Strictly no bumping allowed.
10. Barging	Barging, fending off or chopping with hands passed opponents is NOT allowed. A free kick shall be awarded.	Barging, fending off or chopping with hands passed opponents is <b>NOT</b> allowed. A free kick shall be awarded.
11. Stealing/ Smothering/ Harassing/ Possession rule	Not allowed. The ball is possessed by the act of catching it, grabbing it or placing two hands on it when it is on the ground. Once the ball is possessed, all other players must back off to allow the player with the ball to kick or handball uncontested.	<b>Not allowed. Modified hand tackle only.</b>
12. Shepherding	Player not permitted to push, shoulder or block opponent not in possession of the ball.	Player not permitted to push, shoulder or block opponent not in possession of the ball.
13. Mark	Any reasonable attempt to catch ball directly from kick irrespective of distance travelled. No standing on the mark. No playing on allowed.	Any reasonable attempt to catch the ball directly from kick irrespective of distance travelled. <b>Opposition player encouraged to stand on the mark. Playing on is allowed.</b>
14. Bouncing the Ball	Player is permitted to bounce the ball only once then dispose of the ball.	Player is permitted to bounce the ball only once then dispose of the ball.
15. Kicking off the Ground	Not permitted to deliberately kick the ball off the ground.	Not permitted to deliberately kick the ball off the ground.
16. Order-off Rule	To be applied. Penalty time is umpire discretion	To be applied. Penalty time is umpire's discretion
17. Staying in Position	To stop congestion, umpire to instruct players to stay in zone.	To stop congestion, umpire to instruct players to stay in zone.
18. Coaches	Coach is allowed on the ground to teach.	Coach is allowed on the ground to teach.
19. Spirit of the Game	Players and coaches to shake hands. Umpire to instruct players.	Players and coaches to shake hands. Umpire to instruct players.

	<b>NAB AFL Auskick Program for 5-7 Year Olds</b>	<b>NAB AFL Auskick SupaRuiz 8 year Olds</b>
20. The Game	No premiership points, no finals, no ladders, no match results, names of players published	No premiership points, no finals, no ladders, no match results, names of players published.
21. Awards	Participation, effort and skill achievement scheme.	Participation, effort and skill achievement scheme.
22. Clearances	Automatic clearance.	Automatic clearance.
23. Tribunals	No tribunal, discipline is the responsibility of the club.	No tribunal, discipline is the responsibility of the club.



## 2010 FEMALE NAB AFL JUNIOR RULES FLOW CHART 12 YEARS & UNDER

AS AT 1 MARCH 2008

	NOTES/EXPLANATION
12 years	80m x 50m (or 3 1/2 kicks)
Field Size	Size 3 synthetic
Football Size	9 a side, unlimited interchange 3 forwards,
The Team	3 centres, 3 backs PLAYED IN ZONES
Time	4x10 min quarters-Breaks 3/5/3
Ball Ups	A. Ball up between 2 centre players B. Players should be approx equal size C Full Possession Rule (see below) D. Prior to throw up, the umpire should clear the area by sending players back to their positions. E. Different players should contest the throw up each time
Full Possession Rule	Player contesting a ball up may not grab the ball & play on. Player must knock, palm or punch the ball to a team mate or open ground and may not touch the ball again until it has been touched by another player or it hits the ground.
Scoring	Any player can score
Scrimmage	No diving on the ball. Umpire stops play. Free kick awarded to nearest opponent.
Out of Bounds	A. A free kick is awarded against the player who last touched the ball. B. If in doubt as to which team kicked the ball. Ball up 5m in. Off hands or body, ball up 5m in.
Tackling	A hand tackle is permitted but the player tackled must not go to ground
Bumping	A player may make contact with another player by using her hip or shoulder to the body (not above the shoulders or in the back) provided the ball is no more than 5 metres away from the player.
Barging	No barging allowed. That is, no fending off or chopping past opponents. A free kick will be awarded.
Stealing/Smothering	Not allowed
Shepherding	Player not permitted to push, shoulder or block an opponent not in possession of the ball.

	NOTES/EXPLANATION
Free Kicks	<p>It is the spirit and intention of these laws that a free kick shall be awarded to ensure the match is played in a fair and safe manner.</p> <p>A free kick may be awarded when:</p> <ul style="list-style-type: none"> <li>A. A player makes an illegal tackle with another player.</li> <li>B. A player runs too far while in possession of the ball without bouncing it or bounced the ball more than once</li> <li>C. A player soccer the ball off the ground</li> <li>D. A player dives or lies on top of or drags the football underneath her body.</li> </ul>
Mark & Playing on	<p>Catching the ball directly from a kick from another player regardless of distance travelled.</p> <p>Play on is allowed.</p>
Transition of Ball	No transition restrictions
Bouncing the Ball	A player is permitted to bounce the ball one time then dispose of the ball
Distance Run	Whilst a player in possession of the football is moving, the player must bounce the ball within 10 metres irrespective if that player is running in a straight line or otherwise. As stated above- one bounce only.
Kicking off the ground	Not permitted to deliberately kick the ball off the ground/soccer the ball.
Penalty	<p>A reportable offence results in a 15m penalty.</p> <p>A 15m penalty may be awarded when a player;</p> <ul style="list-style-type: none"> <li>A. Oversteps the mark</li> <li>B. Engages in time wasting</li> <li>C. Has not returned the football directly and on the full to the player awarded a free kick or after a mark.</li> </ul>
Order off	<p>A player may be sent from the field of play by the central umpire under the following conditions;</p> <p>A player sent from the field of play is off for the REST OF THE QUARTER and the NEXT QUARTER. If reported she shall be sent from the ground for the remainder of the match.</p> <p>The player may be replaced.</p>
Congestion	To stop congestion, umpire will instruct players to stay in zones.
Scrimmages	
Coach	Coaches allowed on ground. Runners may be used to deliver messages and must return directly to the bench.
Report	A player can be reported. Discipline is responsibility of school/club. Tribunal is responsibility of competition coordinator.

## **JUNIOR DEVELOPMENT PROGRAMS FOR PRIMARY SCHOOLS**

Contact: Clayton Anderson, Manager NAB AFL Auskick & Primary Schools Ph: 9381 5599 Fax: 9388 1764  
The West Australian Football Commission offer and assist with the following junior football programs –

<b>PROGRAM</b>	<b>WHEN</b>	<b>WHO</b>	<b>CONTACT</b>	<b>OTHER INFORMATION</b>
123 Program	Conducted Feb-May	Year 1- 3 students	Football Development Officer (FDO)	The program is designed to raise awareness of NAB AFL Auskick amongst the 6 to 8 year old age group. Program is conducted by FDO, AFL player or WAFL player.
4 / 5 Program	Conducted Feb-May	Year 4 - 5 students	FDO	The program is designed to raise awareness of NAB AFL Junior Rules amongst the 9 to 10 year old age group. Program is conducted by FDO, AFL player or WAFL player.
AFL / WAFL Super Clinic	Conducted May-July	School Football Team (Year 6 & 7)	FDO	AFL or WAFL players will conduct a 45 minute coaching session for the school football team. Schools who participate in the Eagles Cup or Lightning Carnivals will be given preference.
Development Program	Feb - Sept	Year 4 - 6 students	FDO	One session per class per week for a 3 week period to ensure an on-going and sequentially developed program. Lessons are designed to develop motor coordination and basic foot skills. This program is targeted at schools without a PE specialist or a comprehensive football program.
Lightning Carnival	May-Aug	Year 4 - 7 students	FDO or District Football coordinator	The WAFC would like to see all Primary schools involved in at least one lightning carnival. Assistance in terms of umpiring may be available from FDO.
Eagles Cup	May-Aug	Year 6 & 7 students	FDO or Eagles Cup zone coordinator	The Eagles Cup is a specifically designed and sponsored interschool football competition. The modified rules (NAB AFL Junior Rules) allow for maximum participation, enjoyment and skill development. The emphasis should always be on playing for fun rather than winning.
Eagles Faction	Feb-Aug	Year 1 - 7 students	FDO	The West Coast Eagles and the WA Football Commission have formed a fantastic new partnership to increase participation in our National Game and enhance the fitness and academic skills of thousands of WA students through active participation in Eagles Faction Footy. Eagles Faction Footy can be conducted as part of the AFL SEPEP and can be successfully incorporated into the two hours of compulsory PE and Sport per week.



PROGRAM	WHEN	WHO	CONTACT	OTHER INFORMATION
WAFL One Day Clinic	May- Aug	Year 4 - 6 students	FFDO	Skill learning in a fun environment. WAFL players may conduct sessions
AFL Player Assembly / class promotion	Feb-Aug	Year PP - 7	FDO	An AFL player is available to attend a school assembly or attend a class. (subject to availability)
Design a Football Jumper Competition	March-April	Year 1- 7	FDO	Students design a new jumper for their school based on criteria – 2 schools will win a set of jumpers.
AFL School Ambassadors	Early in season	Teachers	FDO	The aim is to have 1 AFL school ambassador in every school. The WAFC will provide teacher relief for 1 teacher per school for induction days.
Professional Development	Throughout season	Teachers	FDO or WAFC	Sessions can be arranged to up-skill staff in all aspects of football.



## ONLINE RESOURCES

It is strongly recommended a copy of this document is provided to parents and coaches at the beginning of the season.

Copies of this book are available for download from all football district websites or [www.wafootball.com.au](http://www.wafootball.com.au) in the 'development' section. Teachers/AFL School Ambassadors go to the Schools Section.

You can also download other resources for coaching, umpiring and competition by-laws.

	WA Football	<a href="http://www.wafootball.com.au">www.wafootball.com.au</a>
	Claremont	<a href="http://www.claremontfc.com.au">www.claremontfc.com.au</a>
	East Fremantle	<a href="http://www.ffc.com.au">www.ffc.com.au</a>
	East Perth	<a href="http://www.eastperthfc.com.au">www.eastperthfc.com.au</a>
	Peel	<a href="http://www.peelthunder.com.au">www.peelthunder.com.au</a>
	Perth	<a href="http://www.perthfc.com.au">www.perthfc.com.au</a>
	South Fremantle	<a href="http://www.sffc.com.au">www.sffc.com.au</a>
	Subiaco	<a href="http://www.subiacofc.com.au">www.subiacofc.com.au</a>
	Swan District	<a href="http://www.swansdistrictsfc.com.au">www.swansdistrictsfc.com.au</a>
	West Perth	<a href="http://www.falconsfc.com.au">www.falconsfc.com.au</a>



## **WA FOOTBALL COMMISSION DEVELOPMENT CONTACTS**

<b>WAFL DISTRICT</b>	<b>SMARTER THAN SMOKING FOOTBALL DEVELOPMENT OFFICER</b>	<b>PHONE</b>
Claremont	Sam Cousens	9384 9200
East Fremantle	Brendan Kays	9339 5533
East Perth	TBA	9443 2259
Peel	Peter Brear	9535 3448
Perth	Joseph Brierty	9362 4499
South Fremantle	Louise McKenry	9335 5589
Subiaco	Ben Haywood	9208 9999
Swans	Matt O'Donnell	9279 8700
West Perth	Brent Sheridan	9300 3611

<b>REGION</b>	<b>SMARTER THAN SMOKING REGIONAL FOOTBALL DEVELOPMENT OFFICER</b>	<b>PHONE</b>
South West	Shane Atherton	9792 6949
Mid West	Paul Pirrottina	9956 2183
Great Southern	TBA	9892 0159
Wheatbelt	Simon Dawson	9061 1945
Midlands	Glen Collins	9690 2439
Goldfields	Darren Resuggan	9022 5814
Kimberley	Brett Claudius	9192 2333
Pilbara	Richard Coates	9182 2122



**Development & Education**

**WA Football Commission**

PO Box 275

SUBIACO WA 6904

Gate 6, Subiaco Road, Subiaco Oval

Subiaco WA 6008

Phone : (08) 9381 5599

Fax : (08) 9388 1764

e-mail : [development@wafc.com.au](mailto:development@wafc.com.au)

Website : [www.wafootball.com.au](http://www.wafootball.com.au)

General Manager WAFC Development & Education:	Colin West
Consultant: AFL Auskick & Primary Schools	Clayton Anderson
Consultant: Youth & Secondary Schools	Darren Davis
Consultant: Coaching	Raff Guadagnino
Consultant: Community Clubs	Warren Nel

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***NOTES***



## NOTES





