



# AUSTRALIAN FOOTBALL



## Session 5

During this session, children will have the opportunity to play a full match of Australian Football, putting what they have learnt into practise. It is very important that all of the children get to touch the football and have fun, so don't be afraid to invent a few free kicks to bring some children into the game.

## GAME DAY

### FOR THIS SESSION YOU WILL NEED

Time (60 minutes), Footballs x 1, Markers x 4, Bibs x 30 (15 of each colour), Whistles x 1

### GAME DAY

Get there early and set up the field before the children come out, as this will save valuable time.

#### Introduction

Explain rules of the game.

#### Teams

Two teams are formed by dividing children into two groups. Give both teams a name according to the colour of their bibs.

#### Zones

The ground is to be marked out into three equal zones: Forwards / Centres / Backs. Match the skill levels of children in each zone to ensure maximum participation. Children get to play in each zone and move to the next zone on your instructions - backs move to centres, centres move to forwards and forwards move to backs.

#### Start of play and after a goal

A jump ball is conducted between two centre players of equal size nominated by the umpire (rotate players each time).

#### Out of bounds

A free kick is awarded against the team that last touched the ball before going out of bounds.

#### Bouncing the ball

Only one bounce is permitted.

#### Marking

A mark (catch) is awarded when a player catches the ball from a kick, no matter how far the ball travels.

#### Kicking off the ground

Not permitted except accidental.

#### Contact

No tackling under any circumstances! No contact is permitted except:

- (a) Accidental bumping approaching the ball.
- (b) Stealing the ball.
- (c) Tagging (touching) the player with the ball.

Players in possession cannot barge through opponents blocking their path. They must evade.

#### Possession

Once a player in possession of the ball is tagged they have a maximum of 3 seconds to kick or handball the ball to a team-mate. If they don't dispose of the ball within that time a free kick is awarded to the other team.

### POST GAME

Get the children to shake their opponent's hands and give 3 cheers for the other team.  
Ask them if they enjoyed playing Australian Football!