



# AUSTRALIAN FOOTBALL



## Session 3

During this session, children will begin to develop the skills of kicking the ball. This motor skill is fundamental to learning the various types of kicking – an essential component in Australian Football. **Teaching points** for children will include keeping their eyes on the ball until kicked, stepping forward on non-kicking foot, keeping a firm instep at contact and pointing the toe of the kicking foot at the target.

## KICKING

### FOR THIS SESSION YOU WILL NEED

Time (60 minutes), Footballs x 15, Markers x 15, Whistles x 1

### WARM-UP

Time (10 minutes), Warm-up Area (4m x 10m), Markers x 4, Whistles x 1

#### COACH SAYS

Same as Simon Says. Children jog around the marked area until the whistle is blown. The coach then tells the children to do something (e.g. jump on the spot) which the children do until the coach tells them to start jogging again.

#### SNAKE TAG

There are 4 designated chasers. These children try to tag the other children. When they tag someone that person holds hands with the chaser and starts the "snake". The snakes must stay as one line and tag other people who join their line. Only the person at the start and end of the snake can tag children. When there are 4 people in the snake they split and become 2 snakes.

### KICKING

Time (30 minutes), Footballs x 15, Cones x 30, Whistles x 1

Use cones to create railway track formation, so children are lined up behind cones, facing each other.

#### KICKING

Children stand behind a line or cones and take turns kicking the ball. Vary the activity by providing opportunities for them to kick for distance, accuracy or at a target such as yourself.

#### Teaching Points

1. Ball is held straight up and down, laces facing out and fingers pointing down.
2. Hold the ball over the kicking leg.
3. Step and guide the ball down to the foot, leg kicks straight towards the target.

#### **Accuracy**

Children work with a partner standing five metres apart. Ball is kicked from one partner to another. Make sure children are shoulder width apart.

#### **Skill Activity - Hit the Teacher (always very popular)**

This is a good accuracy drill. You and the class teacher (if available) stand in front of the kids, who are all standing behind a line and have one footy each. On your signal they kick the ball, aiming to hit yourself and/or their teacher.

#### **Skill Activity - Superboot**

Children stand behind a line and take turns kicking their ball. The child who kicks the ball furthest is the 'Superboot'.

During kicking drills, make sure you tell the kids that there are two whistles they have to listen out for. The first whistle is to kick their footy, the second is to go and get it. Instruct them to carry the ball back to where they kicked it from, not kick it back. Safety should always be your paramount concern, and the above prevents a child copping a footy in the head.

### GAME TIME

Time (20 minutes), Footballs x 1, Markers x 4, Whistles x 1

#### GAME

Play a game. The ball is moved around the field using kicking and handball, and goals are scored by kicking the ball into the goals. If there are no goals, use markers at each end as a substitute.