



# AUSTRALIAN FOOTBALL



## Session 2

During this session, children will develop the skills of catching the ball on their chest and in their hands. These skills are fundamental to marking the ball – an essential component of Australian Football. **Teaching points** for children will include lining their body up with the flight of the ball and keeping their eyes on the ball until it's caught.

## MARKING

### 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

#### HERE, THERE & EVERYWHERE

Children run on command to coach/teacher (Here), a marker or another person (There) and anywhere on the field (Everywhere). Children can run, hop, skip or jump to the markers.

#### GROUPS

Children run around in warm-up area, coach/teacher blows whistle calling out a number, children must form groups of the given number. Ensure that the last number called is "two", so partners are identified for skill activities.

### MARKING

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.

#### CHEST MARK

Ball is held on outstretched hand to the side, partner moves in and catches stationary ball from outstretched hand. Partner holding the ball runs to opposite side while partner who has caught the ball holds it out. Rolls are reversed.

#### Teaching Points

1. Keep eyes on the ball
2. Fingers and hands extended, palms up and elbows tucked into the side
3. The ball is taken on the hands and arms and guided to the chest
4. The ball is held tightly to the chest

#### HAND MARK

Same as previous activity with children taking ball in their hands.

#### Teaching Points

1. Keep eyes on the ball
2. Fingers outstretched, pointing towards the ball in a butterfly shape
3. Extend the arms and firmly grip the ball with fingers

#### OVERHEAD MARK

Same activity with the ball held with arms outstretched up in the air.

#### Teaching Points

1. Keep eyes on the ball
2. Jump off one foot and swing the other knee up to gain maximum height
3. Extend arms up with hands in a butterfly shape so the ball is met slightly in front and above the head

### GAME TIME

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

#### HANDBALL GAME

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