

Lesson Title Monday morning – AFL Camp		Lesson duration 3 hours	Age 6-14years	Sports AFL
Rationale Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		Outcomes The students will improve their kicking skills.		Content There are warmup games, skill development games and matches.
Prior Knowledge.		Risk Assessment There is a risk of kids overheating, or getting sunburnt or dehydrated.		Resources AFL balls, witches hats, poles, markers, bibs
Game & Focus	Time	Content		Organisation & Risk
<u>Welcome</u>	5 min	The Senior Coach divides the students into their teams and outlines the responsibilities of the Leadership Group.		
<u>Warmup</u> The students will engage in dynamic stretching.	10 min	One of the coaches leads the dynamic stretches.		Everyone
<u>Bullrush</u> The students will work on their evasion, defence, kicking skills and awareness of space.	10 min	The coaches tag the kids. Each kid has a ball, which they have to bounce every 10 steps. Then, the kids have to work in pairs and kick to each other (no handballs).		Everyone
<u>Kicking & Handball Technique</u> Students will improve their kicking, handball and marking technique	15 min	The students work in pairs to kick the ball to each other. The focus is on the ball drop, laces out, knee over the ball and foot swings towards the target. The students need to work on both right foot and left foot kicking. They will learn drop punt, snaps, bananas and torpedos. They also need to work on their right hand and left hand handballs (catch the first). The coaches can partner younger children with younger children, or with older children (buddy system).		Pairs
<u>Round the World</u> Students will improve their ability to take set shots.	15 min	There are markers set in a semi circle round a set (or sets depending on the number of kids). The students start from one side and if they kick the goal get to move to the next marker.		Small groups
				Markers, AFL balls

Game & Focus	Time	Content	Organisation & Risk	Resources
<u>Coke Zero Challenge</u> Students will improve their ability to kick to a target and their contested marking.	15 min	The students line up in front of the large soccer goals (could be another target if soccer goals aren't there). They aim to hit the crossbar. If they miss, they run through and receive a handball from the person who has the ball and put the ball back in the bag. Once a student misses, he/she attempts to mark other students' kick. If a mark is taken, the student who marks the ball can take that ball and return to the line. Important young kids are at the front of the line.	Everyone	AFL Balls
<u>Races</u> Students will improve the speed they can pass the ball between areas to score a goal.	15 min	The students will participate in time trial races where each student needs to touch the ball before they can score a goal. Some examples of progressions are: a student needs to touch the ball twice, a 1 – 2 must be played, an overlap must be played etc.	Groups of three	AFL balls, 8 markers, 2 mini-goals
<u>Front and Square Crumbing</u> Students will improve their crumbing, defence, smothers, snap/drop punts	15 min	An attacker and a defender stand next to each other with the defender goal-side. The attacker has the ball and throws it up into the air for himself to tap towards a second attacker. The second attacker has to time his/her run from the side to be front-and-square for the tap. The second attacker attempts to kick a goal; the defender attempts to tag the second attacker or smother their kick; the first attacker puts a shepherd on the defender.	Small Groups	AFL balls, goals
<u>Kick-in or Centre-bounce Games</u> Students will learn their roles for the match.	15 min	At any time the coach can blow the whistle and designate a kick in from the back (behind), a kick in from the side (out of bounds on the full/deliberate) or a centre-bounce. Teach the kids where they should be positioned. Younger kids should take the kick-ins from the side.	Everyone	AFL balls
<u>Match</u> Students will use their skills in matchplay.	60 min	There should be rules where only designated forwards can kick goals. It's important that the coaches designate positions and the roles that each player should play. Younger kids should get to take free kicks.	Everyone	AFL ball, goals, markers

Lesson Title Tuesday Morning – AFL Camp		Lesson duration 3 hours	Age 6-14 years	Sports AFL
Rationale Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		Outcomes The students will improve their handball skills		Content There are warmup games, skill development games and matches.
Prior Knowledge.		Risk Assessment There is a risk of kids overheating, or getting sunburnt or dehydrated.		Resources AFL balls, witches hats, poles, markers, bibs
Game & Focus	Time	Content		Organisation & Risk
<u>Warmup</u> The students will engage in dynamic stretching.	10 min	One of the coaches leads the dynamic stretches.		Everyone
<u>Bullrush</u> The students will work on their evasion, defence and handball skills	10 min	The coaches tag the kids. Each kid has a ball, which they have to bounce every 10 steps. Then, the kids have to work in pairs and handball to each other (no kicking).		Everyone AFL balls
<u>Kicking & Handball Technique</u> Students will improve their kicking, handball and marking technique	15 min	The students work in pairs to kick the ball to each other. The focus is on the ball drop, laces out, knee over the ball and foot swings towards the target. The students need to work on both right foot and left foot kicking. They also need to work on their right hand and left hand handballs (catch the first). They will learn drop punt, snaps, bananas and torpedos. The coaches can partner younger children with younger children, or with older children (buddy system).		Pairs/Threes AFL balls
<u>Shepherding Game</u> Students will improve their handpassing under pressure and shepherding.	10 min	Each team (attackers) are in a square, and there are two members of the other team (defenders) also in the square. The defenders job is to get the ball or knock it of play. Every time this happens the defenders get a point. The first defending team to 10 points wins the game.		Teams AFL balls, 8 markers

Game & Focus	Time	Content	Organisation & Risk	Resources
<u>Races</u> Students will improve the speed they can pass the ball between areas to score a goal.	15 min	The students will participate in time trial races where each student needs to handball the ball before they can score a goal. Some examples of progressions are: a student needs to touch the ball twice, a 1 – 2 must be played, an overlap must be played etc.	Groups of three	AFL balls, markers, goals.
<u>Handball Soccer</u> Students will improve their ability to handpass.	20 min	Students will play in mini fields. There are teams playing against each other. There are two goalkeepers. Players are only allowed to handpass. This is a great game to play in the Hall during wet weather.	Small groups of 3-6 players	AFL balls, markers, goals.
<u>Handpass out of Defence</u> Students will learn their roles for the match.	15 min	The coach rolls the ball to a defender who has to pick it up and run with the ball or handpass it. The attacking players apply pressure, whilst the defenders run and handball out of their defensive third.	Two groups	AFL balls
<u>Match</u> Students will use their skills in matchplay.	60 min	There should be rules where only designated forwards can kick goals. It's important that the coaches designate positions and the roles that each player should play. Only hand balls in the defensive and middle third (at the start of the game). Progress to kicking allowed in all thirds. Younger kids should get to take free kicks.	Everyone	AFL ball, goals, markers

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Rationale Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		Outcomes The students will improve their marking and defensive skills.		Content There are warmup games, skill development games and matches.	
Prior Knowledge.		Risk Assessment There is a risk of kids overheating, or getting sunburnt or dehydrated.		Resources AFL balls, witches hats, poles, markers, bibs	
Game & Focus	Time	Content		Organisation & Risk	Resources
<u>Warmup</u> The students will engage in dynamic stretching.	10 min	One of the coaches leads the dynamic stretches.		Everyone	
<u>Bullrush</u> The students will work on their evasion, defence and handball skills	10 min	The coaches tag the kids. Each kid has a ball, which they have to bounce every 10 steps. Then, the kids have to work in pairs and handball to each other (no kicking).		Everyone	AFL balls
<u>Kicking & Handball Technique</u> Students will improve their kicking, handball and marking technique	15 min	The students work in pairs to kick the ball to each other. The coach needs to demonstrate chest marks and overhead marks. The students need to work on both right foot and left foot kicking. They also need to work on their right hand and left hand handballs (catch the first). They will learn drop punt, snaps, bananas and torpedos. The coaches can partner younger children with younger children, or with older children (buddy system).		Pairs/Threes	AFL balls
<u>Coke Zero Challenge</u> Students will improve their ability to kick to a target and their contested marking.	15 min	The students line up in front of the large soccer goals (could be another target if soccer goals aren't there). They aim to hit the crossbar. If they miss, they run through and receive a handball from the person who has the ball and put the ball back in the bag. Once a student misses, he/she attempts to mark other students' kick. If a mark is taken, the student who marks the ball can take that ball and return to the line. Important young kids are at the front of the line.		Everyone	AFL Balls

Game & Focus	Time	Content	Organisation & Risk	Resources
<u>Races</u> Students will improve the speed they can pass the ball between areas to score a goal.	15 min	The students will participate in time trial races where there needs to be a mark in every third before the ball before they can score a goal. To progress this activity, add a defender into the mix.	Groups of three	AFL balls, markers, goals.
<u>Contest</u> Students will improve their marking and spoiling skills	15 min	Each team is divided in half. Every player is matched up with a player from the other team of similar height and ability, who they have to stand next to. There are 4 lines. If the red players are the attackers, their blue matchup is a defender. In the other two lines these roles are reversed. Each attacking line leads into space and a coach or player kicks the ball for the player to mark. The attacking player gets 2 points for a mark and 1 point if they get to the ball first. The defender tries to spoil or mark the ball. After the spoil, the players need to make a second effort to regather the ball. The game is a competition between the two attacking teams to get to 10 points. After a team wins, every line swaps roles: the attackers become defenders and vice versa.	4 Groups	AFL balls
<u>Statues AFL</u> Students will improve their marking of their direct opponent	20 min	One team gets to choose what positions they play; the coach designates match ups for the other team. When a team wins possession of the ball every defender needs to work to get in a goal side position of their direct opponent. When the coach blows his whistle, every player needs to freeze like a statue. The coach then does an analysis of whether players have worked to cover their opponent.	Everyone	AFL balls
<u>Match</u> Students will use their skills in matchplay.	60 min	There should be rules where only designated forwards can kick goals. It's important that the coaches designate positions and the roles that each player should play.	Everyone	AFL ball, goals, markers

Lesson Title Thursday morning – AFL Camp		Lesson duration 3 hours		Age 6-14 years		Sports AFL	
Rationale Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		Outcomes The students will improve their ability to perform overlapping runs as a group.		Content There are warmup games, skill development games and matches.			
Prior Knowledge.			Risk Assessment There is a risk of kids overheating, or getting sunburnt or dehydrated.		Resources AFL balls, witches hats, poles, markers, bibs		
Game & Focus	Time	Content			Organisation & Risk	Resources	
<u>Warmup</u> The students will engage in dynamic stretching.	10 min	One of the coaches leads the dynamic stretches.			Everyone		
<u>Bullrush</u> The students will work on their evasion, defence and handball skills	10 min	The coaches tag the kids. Each kid has a ball, which they have to bounce every 10 steps. Then, the kids have to work in pairs and handball to each other (no kicking).			Everyone	AFL balls	
<u>The Three Man Weave</u> Students will improve their overlapping runs	15 min	The students work in threes to kick and the ball to each other. The ball starts in the middle, and the student kicks or handpasses the ball to one of the wingers; the student on the wing angles in, and the student from the middle loops around them. When the handpass is on, the players should also take a bounce before they handpass.			Threes	AFL balls	
<u>Centre Bounce Game</u> Students will improve their understanding of space around the stoppage for attack and defence.	10 min	Two students act as ruckman in the centre bounce. The other students are the midfielders. The midfielders need to position themselves to give them the best possible chance to win the ball inside. They then need to try and get the ball to a team-mate in space, which could be outside or backwards. To score a point, a team has to work the ball into their opponents' in-zone through handpass and run.			Small Groups 4-8 students	AFL balls, markers	

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<u>Races</u> Students will improve the speed they can pass the ball between areas to score a goal.	15 min	The students will participate in time trial races where all three players start on the line and then have to weave. Again, there should be kicking (no bounce) and handpass (bounce).	Groups of three	AFL balls, markers, goals.
<u>Handball Soccer</u> Students will improve their ability to handpass.	20 min	Students will play in mini fields. There are teams playing against each other. There are two goalkeepers. Players are only allowed to handpass. This is a great game to play in the Hall during wet weather.	Small groups of 3-6 players	AFL balls, markers, goals.
<u>Handpass out of Defence</u> Students will learn their roles for the match.	15 min	The coach rolls the ball to a defender who has to pick it up and run with the ball or handpass it. The attacking players apply pressure, whilst the defenders run and handball out of their defensive third.	Two groups	AFL balls
<u>Match</u> Students will use their skills in matchplay.	60 min	There should be rules where only designated forwards can kick goals. It's important that the coaches designate positions and the roles that each player should play.	Everyone	AFL ball, goals, markers

Lesson Title Friday morning – AFL Camp		Lesson duration 3 hours	Age 6-14 years	Sports AFL	
Rationale Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		Outcomes The students will revise all the skills covered for the week and have fun.		Content There are warmup games, skill development games and matches.	
Prior Knowledge.		Risk Assessment There is a risk of kids overheating, or getting sunburnt or dehydrated.		Resources AFL balls, witches hats, poles, markers, bibs	
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<u>Kicking & Handball Technique</u> Students will improve their kicking, handball and marking technique	15 min	The students work in pairs to kick the ball to each other. The coach needs to demonstrate chest marks and overhead marks. The students need to work on both right foot and left foot kicking. They also need to work on their right hand and left hand handballs (catch the first). They will learn drop punt, snaps, bananas and torpedos. The coaches can partner younger children with younger children, or with older children (buddy system).		Pairs/Threes	AFL balls
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<u>Contest</u> Students will improve their marking and spoiling skills	15 min	Each team is divided in half. Every player is matched up with a player from the other team of similar height and ability, who they have to stand next to. There are 4 lines. If the red players are the attackers, their blue matchup is a defender. In the other two lines these roles are reversed. Each attacking line leads into space and a coach or player kicks the ball for the player to mark. The attacking player gets 2 points for a mark and 1 point if they get to the ball first. The defender tries to spoil or mark the ball. After the spoil, the players need to make a second effort to regather the ball. The game is a competition between the two attacking teams to get to 10 points. After a team wins, every line swaps roles: the attackers become defenders and vice versa.	4 Groups	AFL balls
<u>Match</u> Students will use their skills in matchplay.	60 min	There should be rules where only designated forwards can kick goals. It's important that the coaches designate positions and the roles that each player should play.	Everyone	AFL ball, goals, markers