

coach 

JUNIOR COACHING CURRICULUM

LEVEL 4
7-8 YEARS



NATIONAL JUNIOR COACHING CURRICULUM

The National Junior Coaching Curriculum has been designed for coaches of ages 7–12 and has been developed to improve the transition rate from NAB AFL Auskick to Junior football and to increase player retention in the game. This will be achieved by:

- A** Improve the quality of coaching at Junior levels and thus subsequent experiences of the kids that play junior footy,
- B** Build on the NAB AFL Auskick philosophy of high energy and high touch sessions using small sided games,
- C** Provide national consistency in the standard and delivery of training content for Junior footy and
- D** Ensure every training session is Safe, Organised, Engaging and Fun.



HELPFUL TIP

Use the CHANGE IT approach to modify the activity for inclusion, challenge and skill development; to maximise participation and better meet player needs and objectives.



Three Levels of Progression

Building on the success of the NAB AFL Auskick program, the Junior Coaching Curriculum is based on three sequential levels, designed to extend skill development over three (or more) years of participation.

LEVEL 4

Designed for players turning 7 and 8 who are transitioning over from Auskick to Junior Footy. This level focuses on skills needed to work as an individual.

LEVEL 5

Designed for players turning 9 and 10 beginning the transition to working in small groups.

LEVEL 6

Designed for players who are under 11 and 12, focusing on skills needed to work as part of a team.



A Game-Sense Approach to Coaching?

A key focus of each training session is to teach the fundamental skills of football using game sense and constraints-based learning approaches. Skills that are learned within a game-based context better transfer to the game, and players develop a greater understanding of how to play the game. It also increases energy, motivation and engagement so that kids have more fun and want to come back for more!

What is it?

- ▶ Playing games to practice skills, rather than only practicing skills in isolation of the game (the traditional approach).
- ▶ Games are carefully designed to emphasise specific skills and strategies.
- ▶ The coach's role is to question and guide players towards a better understanding of the game and the required skills.

Why use it?

- ▶ Children learn to adapt their technique to game situations;
- ▶ It teaches tactical understanding of the game;
- ▶ It appropriately applies the principle of training specificity.

Transfer of learning from training to game day depends on the extent to which training resembles game day.

What is Skill?

SKILL = TECHNIQUE + ADAPTABILITY UNDER PRESSURE

The fundamentals of technique are important! But equally important is the ability to adapt technique to any game situation, and football is a dynamic game with constantly changing situations. Skill is the ability to execute in competitive situations that differentiates players and teams.

Curriculum Design

The Junior Coaching Curriculum has been designed around the principles of play which describe the three phases of the game and follows the premise of ‘using the game to teach the game’.

Three Phases of the Game



Each training session in the Junior Coaching Curriculum targets one or more principles.

Principles of Play Glossary

		What does this mean?	How to explain this concept to children
ATTACK	Penetration	Advancing the ball towards the goals	“Get the ball moving forward”
	Possession	Keeping control of the ball by either holding it up or making simple lateral passes until better options are available	“Play keeping’s off until you see a chance to move the ball forward”.
	Support	Provide support and safe passing options to the player with the ball	“Help the player with the ball find space or create a passing option by finding space yourself and calling for the ball”
	Movement	Moving to create space for both yourself and others	“Continuous movement to find space and get the ball”
DEFENCE	Delay	Positioning of the defender closest to the player with the ball to slow the attack by preventing the ball being moved forward	“Make it hard for the player with the ball to pass or move quickly”
	Pressure	Quickly closing down the player with the ball to minimize the time and space in which the ball can be controlled, with the aim of causing a poor decision	“Get close to the player with the ball to pressure and cause a turnover”
	Cover	Denying passing options to the player with the ball by covering attackers offering support	“If you’re not closest to the player with the ball, your role is to cover the passing options”
	Depth Balance	Helping the defence remain compact by closing gaps as they arise (i.e., zone defence)	“Cover free space in front of the player with the ball by maintaining a similar distance between all defenders”
CONTEST	Gain Advantage	Anticipate and prepare for the contest through body positioning relative to the ball, teammates and the opposition	“Move your body so you have the best chance to win possession, support your teammates or defend the opposition”
	Outnumber	Identifying opportunities to outnumber a contest by positioning yourself to support teammates to win possession.	“Move over to the contest so you can support your teammates to win the ball”

Training Session Structure

The junior training session structure is designed to sequentially build kids football skills and confidence over ten training sessions using a game-based approach whilst incorporating fundamental skill development throughout the program. Each training session runs for 70 minutes and is designed around the four quarters of a game with a pre-game activity section for unstructured play.

Each of these sections are important for player enjoyment, engagement, and overall game and skill development. Refer to the following diagram which outlines the purpose of each section:

	Duration	Focus	
PRE-GAME	Up to 15min	Fun, Play & Exploration (no coaching!)	▶ Unstructured play is important for skill acquisition, particularly with regards to developing creativity
QUARTER 1	10min	Energizer (Warm-Up)	▶ The aim is to have a fun warm-up with an emphasis on fundamental movements
QUARTER 2 (2 Rotations)	10min	Fundamental Skills (High Repetition)	▶ The aim is to practice the fundamentals skills of football with lots of repetition
	10min	Decision Making Task	
QUARTER 3	15min	Team Task	▶ Opportunity to practice applying the fundamental skills to game situations when working as a team
QUARTER 4	10min	Game	▶ Opportunity to play the game, whilst rules are applied to emphasise specific skills

TOTAL DURATION  **MINUTES**

WHAT DOES SUCCESS LOOK LIKE?

- ▶ Ideally, every player has a football or share 1 between 2
- ▶ Each player has 60 touches of the ball every training session
- ▶ All players are engaged and having fun

REMEMBER: No laps, lines or lectures



HELPFUL TIP

If time and space permits, have all your games and cones set-up prior to the players arriving to ensure no time is wasted during the training session. You can then just rotate through activities on the go.

10 WEEK SCHEDULE

Session Activities

	SESSION THEME	Pre Game (<15min)	Quarter 1 (10 Min)	Rotation 1	Rotation 2	Quarter 3 (15 Min)	Quarter 4 (10 Min)
				Quarter 2 (10 Min)	Quarter 2 (10 Min)		
1	Contest: 1v1 Contested Ball	Kicking Accuracy Challenge	Ruckman's Treasure	Pairs Fundamentals	Contested Gather to Handball Game	1v1 Contest to Goal	Groundball Contest Game
2	Attack: Goal Kicking - Finishing and Dribbling	Dribble Kicking Challenge	Around the World	Pairs Fundamentals	Golf	3v1 Clearing Kick (To Scoring Opportunity)	Forward-Half Game
3	Defence: Defending My Opponent	Creative Marking Challenge	Super Boot	Pairs Fundamentals	Outnumbered Handball Grid	Goal Ball	Defend Your Opponent Game
4	Attack, Defend and Contest: Revisit	Football Archery	Ruckman's Treasure	Pairs Fundamentals	Contested Gather to Handball Game	3v1 Clearing Kick (To Scoring Opportunity)	Defend Your Opponent Game
5	Contest: Marking Overhead and Chest	Tennis Ball Challenge	Around the World	Pairs Fundamentals	Magic Marks	Directional Kick Race	Marking Game
6	Defence: Chasing and Tackling	Kicking Accuracy Challenge	Tags & Tails	Pairs Fundamentals	Farmer & the Sheep	Goal Ball	Handball Game + Tackling
7	Contest: Contest Exits (Handball)	Dribble Kicking Challenge	Sharks & Islands	Pairs Fundamentals	Outnumbered Handball Grid	Outnumbered Handball Grid (To Scoring Opportunity)	Handball Game
8	Contest: 1v1 Contested Marking and Spoiling	Creative Marking Challenge	Tags & Tails	Pairs Fundamentals	Escape the Chaos	Directional Run & Carry	Run & Carry Game (Tackling)
9	Contest: 1v1 Contested Marking and Spoiling	Football Archery	Super Boot	Pairs Fundamentals	Magic Marks (Increase Pressure)	Protect the Danger Zone	Directional Run & Carry
10	Attack, Defend and Contest: Revisit 2	Tennis Ball Challenge	Sharks & Islands	Pairs Fundamentals	Farmer & the Sheep	Spoiling Game	Normal Game

Sessions are predominantly made up of game-based activities with Quarter 2 designed so that kids can learn and practice the technique of the fundamental football skills i.e. kicking, marking, handballing etc.

All activities are developed to ensure kids receive the best introduction to junior football, foster an ongoing passion for the game and of course, have maximum fun.

See weekly session plans and activity breakdowns over the next 10 pages.

SESSION 1



Click here to view the full session plan including instructional diagrams. Or simply log on to your RookieMe account and view your sessions online.

Contest: 1v1 Contested Ball

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Understand the principle of attack by winning possession of the ball
- ▶ Gathering the football cleanly under pressure
- ▶ Protecting yourself and the football when gathering

PRE-GAME	QUARTER 1	QUARTER 2 (R1)
KICKING ACCURACY CHALLENGE	RUCKMAN'S TREASURE	PAIRS FUNDAMENTALS
<p>OUTCOME GOAL: Let children challenge themselves by kicking the ball at targets from any distance that they choose</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having plenty of opportunities to kick at targets ▶ Players trying to kick at all the different targets ▶ Players exploring how to adjust their kick depending on the distance, angle and target 	<p>OUTCOME GOAL: Warm up whilst practicing gathering a football, running with the ball, and evading other people</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to pick up footballs ▶ Players running with the football ▶ Players using different ways of evading the ruckman and opponents when they have the football 	<p>OUTCOME GOAL: To learn the fundamental skills of the game by practicing in an environment that allows for creativity and a high volume of repetitions</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to do a variety of skills challenges ▶ Players challenging themselves to improve their skills ▶ Players exploring how to complete the different skills
QUARTER 2 (R2)	QUARTER 3	QUARTER 4
CONTESTED GATHER AND HANDBALL GAME	1v1 CONTEST TO GOAL	GROUND BALL CONTEST GAME
<p>OUTCOME GOAL: To learn the fundamentals of gathering the ball and handballing in a contested situation</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ All players having multiple opportunities to contest, gather and handball ▶ Players trying different ways to gather the football and handball it depending on where the ball and pressure is ▶ Players protecting themselves and the ball when they go down to gather it 	<p>OUTCOME GOAL: To learn when to go for the ball and when to pressure an opponent in a 1v1 situation within a game</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to compete in the 1 on 1 contest ▶ Players trying different ways to contest the football depending on their opponent ▶ Once winning the football players looking to find free teammates to provide a scoring opportunity 	<p>OUTCOME GOAL: To learn the importance of winning the contested ball for gaining possession and creating scoring opportunities</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players rotating at the stoppage to compete in the 1 on 1 contest ▶ Players changing the way they contest for the football depending on the situation ▶ Players using the contest skills they have learnt in the game situation

SESSION 2



Click here to view the full session plan including instructional diagrams. Or simply log on to your RookieMe account and view your sessions online.

Attack: Goal Kicking - Finishing and Dribbling

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Understand the principle of attack by scoring
- ▶ Scoring from different angles and contexts
- ▶ Creating scoring opportunities in a game-like situation

PRE-GAME

DRIBBLE KICKING CHALLENGE

OUTCOME GOAL:
Let children explore the different methods of dribbling the ball

WHAT TO LOOK FOR:

- ▶ Players having plenty of opportunities to dribble kick through the goals
- ▶ Players trying to dribble kick through all the different goals
- ▶ Players exploring how to adjust their dribble kick depending on the distance, angle of the goal

QUARTER 1

AROUND THE WORLD

OUTCOME GOAL:
Warm up whilst practicing fundamental skills, such as hopping, weaving, and running with the ball

WHAT TO LOOK FOR:

- ▶ Players trying all the different obstacles
- ▶ Players trying different ways to move through the obstacles
- ▶ Players using all the fundamental movements, running, jumping, landing, bending, twisting etc

QUARTER 2 (R1)

PAIRS FUNDAMENTALS

OUTCOME GOAL:
To learn the fundamental skills of the game by practicing in an environment that allows for creativity and a high volume of repetitions

WHAT TO LOOK FOR:

- ▶ Players having multiple opportunities to do a variety of skills challenges
- ▶ Players challenging themselves to improve their skills
- ▶ Players exploring how to complete the different skills

QUARTER 2 (R2)

GOLF

OUTCOME GOAL:
To learn how to kick goals from a variety of locations

WHAT TO LOOK FOR:

- ▶ Players having multiple opportunities to kick at goal
- ▶ Players trying to kick goals from a variety of angles
- ▶ Players exploring how to change the way they kick the ball depending on where they are kicking from

QUARTER 3

3v1 CLEARING KICK (TO SCORING OPPORTUNITY)

OUTCOME GOAL:
Learn to create scoring opportunities by isolating an advantage by hand and then kicking for goal

WHAT TO LOOK FOR:

- ▶ All players having multiple opportunities to have shots at goal
- ▶ Players trying a variety of ways to kick the ball to score a goal
- ▶ Players learning to kick a goal with some defensive pressure

QUARTER 4

FORWARD-HALF GAME

OUTCOME GOAL:
To learn how to kick goals in a match environment

WHAT TO LOOK FOR:

- ▶ Teams creating multiple scoring opportunities and getting shots on goal
- ▶ Players exploring different ways to kick goals in different situations
- ▶ Players working together to create scoring opportunities for each other

SESSION 3



Click here to view the full session plan including instructional diagrams. Or simply log on to your RookieMe account and view your sessions online.

Defence: Defending My Opponent

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Understand the principle of pressure to regain possession
- ▶ Defending your opponent to stop ball movement
- ▶ Defending opponents close to scoring opportunities

PRE-GAME	QUARTER 1	QUARTER 2 (R1)
CREATIVE MARKING CHALLENGE	SUPER BOOT	PAIRS FUNDAMENTALS
<p>OUTCOME GOAL: Allowing players to get creative with movement while aiming to mark the football</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having plenty of opportunities to mark the ball creatively ▶ Players exploring different ways to mark the ball ▶ Players working together and helping each other out to come up with increasingly challenging and creative ways to mark the ball 	<p>OUTCOME GOAL: Warm up whilst practicing the fundamental skills of kicking for distance and kicking for touch</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players getting multiple opportunities to kick the ball ▶ Players trying to kick the ball as far as they can ▶ Players exploring different ways to get maximum distance on their kick 	<p>OUTCOME GOAL: To learn the fundamental skills of the game by practicing in an environment that allows for creativity and a high volume of repetitions</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to do a variety of skills challenges ▶ Players challenging themselves to improve their skills ▶ Players exploring how to complete the different skills
QUARTER 2 (R2)	QUARTER 3	QUARTER 4
OUTNUMBERED HANDBALL GRID	GOAL BALL	DEFEND YOUR OPPONENT GAME
<p>OUTCOME GOAL: To learn the first principle of defence – pressure the ball carrier to regain possession</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to be a defender ▶ Defenders trying different ways to pressure the attackers and dispossess them ▶ Defenders adjusting how they pressure the attackers based of what works and what doesn't 	<p>OUTCOME GOAL: To learn how to defend ball movement by pressuring the ball carrier and covering the receiver</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to defend ▶ Defenders pressing forward and pressuring the players with the ball ▶ Defenders changing the way they defend based on the attacking players and their movement 	<p>OUTCOME GOAL: To learn the importance of defending your opponent, particularly in the defensive half of the ground</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Defenders marking their direct opponent to stop them getting the ball ▶ Player changing the way they defend depending on their opponents relative strengths and weaknesses ▶ Defenders working together to make make it harder for the attacking team

SESSION 4



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Attack, Defend and Contest: Revisit

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Revisit fundamental principles – winning possession, scoring and pressuring
- ▶ Creating scoring opportunities for teammates
- ▶ Defending to stop opposition scoring opportunities

PRE-GAME

FOOTBALL ARCHERY

OUTCOME GOAL:
Let children explore how to kick or handball the ball with precision

WHAT TO LOOK FOR:

- ▶ Players having plenty of opportunities to kick and handball at the target areas
- ▶ Players exploring how to adjust their kick or handball depending on the distance and angle from the target areas
- ▶ Players changing their kicking and handballing based on what works or doesn't work

QUARTER 1

RUCKMAN'S TREASURE

OUTCOME GOAL:
Warm up whilst practicing gathering a football, running with the ball, and evading other people

WHAT TO LOOK FOR:

- ▶ Players having multiple opportunities to pick up footballs
- ▶ Players running with the football
- ▶ Players using different ways of evading the ruckman and opponents when they have the football

QUARTER 2 (R1)

PAIRS FUNDAMENTALS

OUTCOME GOAL:
To learn the fundamental skills of the game by practicing in an environment that allows for creativity and a high volume of repetitions

WHAT TO LOOK FOR:

- ▶ Players having multiple opportunities to do a variety of skills challenges
- ▶ Players challenging themselves to improve their skills
- ▶ Players exploring how to complete the different skills

QUARTER 2 (R2)

CONTESTED GATHER AND HANDBALL GAME

OUTCOME GOAL:
To learn to the fundamentals of gathering the ball and handballing in a contested situation

WHAT TO LOOK FOR:

- ▶ All players having multiple opportunities to contest, gather the football and handball
- ▶ Players trying different ways to gather and handball the football depending on where the pressure is coming from
- ▶ Defenders reading the ball movement and adjusting their position so they can have a chance to intercept it

QUARTER 3

3V1 CLEARING KICK (TO SCORING OPPORTUNITY)

OUTCOME GOAL:
Create a scoring opportunity by isolating an advantage by hand and then kicking for goal

WHAT TO LOOK FOR:

- ▶ All players having multiple opportunities to have shots at goal and be the defender
- ▶ Players trying a variety of ways to kick the ball to score a goal
- ▶ Players learning to kick a goal with some defensive pressure

QUARTER 4

DEFEND YOUR OPPONENT GAME

OUTCOME GOAL:
To learn the importance of defending your opponent, particularly in the defensive half of the ground

WHAT TO LOOK FOR:

- ▶ Defenders marking their direct opponent to stop them getting the ball
- ▶ Player changing the way they defend depending their opponent and their relative strengths and weaknesses
- ▶ Attackers changing the way they attack depending on what the defenders are doing

SESSION 5



Click here to view the full session plan including instructional diagrams. Or simply log on to your RookieMe account and view your sessions online.

Contest: Marking Overhead and Chest

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Learn to mark the ball on the chest and in the hands
- ▶ Getting into a position to mark the ball
- ▶ Kicking to someone in a position to mark the ball

PRE-GAME	QUARTER 1	QUARTER 2 (R1)
TENNIS BALL CHALLENGE	AROUND THE WORLD	PAIRS FUNDAMENTALS
<p>OUTCOME GOAL: Let children explore how to control a ball on their foot to pass accurately</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having plenty of opportunities to kick to their partner ▶ Players trying to kick all the different balls available to them ▶ Players adjusting how they are kicking based on the type of ball they are kicking 	<p>OUTCOME GOAL: Warm up whilst practicing fundamental skills, such as hopping, weaving, and running with the ball</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players trying all the different obstacles ▶ Players trying different ways to move through the obstacles ▶ Players using all the fundamental movements, running, jumping, landing, bending, twisting etc 	<p>OUTCOME GOAL: To learn the fundamental skills of the game by practicing in an environment that allows for creativity and a high volume of repetitions</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to do a variety of skills challenges ▶ Players challenging themselves to improve their skills ▶ Players exploring how to complete the different skills
QUARTER 2 (R2)	QUARTER 3	QUARTER 4
MAGIC MARKS	DIRECTIONAL KICK RACE	MARKING GAME
<p>OUTCOME GOAL: To explore a variety of methods for marking the ball, with an emphasis on marking in the hands</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players attempting all the different types of marks ▶ Players adjusting how they try and mark depending on whether they mark the football or not ▶ Players, in their pairs, helping each other out on how to take the different marks 	<p>OUTCOME GOAL: To learn how to mark the ball in the hands and create fast ball movement</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having lots of opportunities to mark the ball ▶ Players moving into space to help move the ball as fast as they can ▶ Players adjusting how they try and mark depending on how the ball is kicked to them 	<p>OUTCOME GOAL: To understand the importance of balanced positioning at stoppages to provide the best opportunity for both attack and defence</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players without the ball trying to get into space to mark the ball ▶ Players adjusting the way they attempt to mark the ball depending on the situation ▶ Players with the football targeting free teammates to increase their number of marks

SESSION 6









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Defence: Chasing and Tackling

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Understand the principle of pressure to regain possession
- ▶ Tackling technique in a variety of situations
- ▶ Tackling in a game-like scenario to turn the ball over

PRE-GAME 	QUARTER 1 	QUARTER 2 (R1) 
KICKING ACCURACY CHALLENGE	TAGS & TAILS	PAIRS FUNDAMENTALS
<p>OUTCOME GOAL: Let children challenge themselves by kicking the ball at targets from any distance that they choose</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having plenty of opportunities to kick at targets ▶ Players trying to kick at all the different targets ▶ Players exploring how to adjust their kick depending on the distance, angle and target 	<p>OUTCOME GOAL: Warm up whilst practicing the fundamental skills of chasing and evading</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players trying different ways of grabbing tails ▶ Players trying different ways of evading other players ▶ Players constantly on the move 	<p>OUTCOME GOAL: To learn the fundamental skills of the game by practicing in an environment that allows for creativity and a high volume of repetitions</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to do a variety of skills challenges ▶ Players challenging themselves to improve their skills ▶ Players exploring how to complete the different skills
QUARTER 2 (R2) 	QUARTER 3 	QUARTER 4 
FARMER & THE SHEEP	GOAL BALL	HANDBALL GAME + TACKLING
<p>OUTCOME GOAL: To learn the fundamentals of tackling to win the ball back in open play</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having lots of opportunities to make tackles ▶ Players trying different ways to tackle depending on where the player is ▶ Players protecting their heads when they make contact in the tackle 	<p>OUTCOME GOAL: To learn how to defend ball movement by pressuring the ball carrier and covering the receiver</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to defend ▶ Defenders pressing forward and pressuring the players with the ball ▶ Defenders changing the way they defend based on the attacking players and their movement 	<p>OUTCOME GOAL: To learn how to regain possession by pressuring the player with the ball and tackling</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Defenders pressuring the ball carrier to dispossess the attacking team ▶ Players having multiple opportunities to make tackles ▶ Attacking players having to move the ball quickly due to defensive pressure

SESSION 7



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Contest: Contest Exits (Handball)

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Understand the principle of support by using depth and width to create advantage space
- ▶ Handballing to move the ball away from defenders and into space
- ▶ Handballing to create scoring opportunities

PRE-GAME	QUARTER 1	QUARTER 2 (R1)
DRIBBLE KICKING CHALLENGE	SHARKS & ISLANDS	PAIRS FUNDAMENTALS
<p>OUTCOME GOAL: Let children explore the different methods of dribbling the ball</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having plenty of opportunities to dribble kick through the goals ▶ Players trying to dribble kick through all the different goals ▶ Players exploring how to adjust their dribble kick depending on the distance, angle of the goal 	<p>OUTCOME GOAL: Warm up whilst practicing the fundamental skills of chasing and evading, as well as football skills such as handballing and bouncing the ball</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ All players having a go at being sharks and those trying to evade them ▶ Players having multiple opportunities to perform a variety of skills ▶ Players trying different ways to evade the sharks 	<p>OUTCOME GOAL: To learn the fundamental skills of the game by practicing in an environment that allows for creativity and a high volume of repetitions</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to do a variety of skills challenges ▶ Players challenging themselves to improve their skills ▶ Players exploring how to complete the different skills
QUARTER 2 (R2)	QUARTER 3	QUARTER 4
OUTNUMBERED HANDBALL GRID	OUTNUMBERED HANDBALL GRID (TO SCORING OPPORTUNITY)	HANDBALL GAME
<p>OUTCOME GOAL: To learn the principle of support in an outnumbered situation to maintain possession</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players identifying where the space is and moving into it ▶ Players utilising the outnumber advantage to maintain possession of the ball ▶ Players trying different ways to ensure they have a free player 	<p>OUTCOME GOAL: To learn the principle of support by finding space on the outside of the contest</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to give the release handball and have shots at goal ▶ Players moving into space to keep the ball away from the defender ▶ Players spreading from the inside grid once they have three handballs to create an opportunity for a shot at goal 	<p>OUTCOME GOAL: To learn how to attack and score by maintaining possession of the ball with handballs</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Attackers identifying free players who they can handball to ▶ Players having multiple opportunities to make handballs ▶ Attacking players adjusting the way the handball depending on the situation

SESSION 8



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Attack: Running with the Football - Evading and Bouncing

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Understand the principles of penetration by running with the ball
- ▶ Working together with teammates to run and carry the ball forward
- ▶ Running with the ball under pressure from defenders

PRE-GAME

CREATIVE MARKING CHALLENGE

OUTCOME GOAL:
Let children be creative with their movements whilst simultaneously marking the ball

WHAT TO LOOK FOR:

- ▶ Players having plenty of opportunities to mark the ball creatively
- ▶ Players exploring different ways to mark the ball
- ▶ Players working together and helping each other out to come up with increasingly challenging and creative ways to mark the ball

QUARTER 1

TAGS & TAILS

OUTCOME GOAL:
Warm up whilst practicing the fundamental skills of chasing and evading

WHAT TO LOOK FOR:

- ▶ Players trying different ways of grabbing tails
- ▶ Players trying different ways of evading other players
- ▶ Players constantly on the move

QUARTER 2 (R1)

PAIRS FUNDAMENTALS

OUTCOME GOAL:
To learn the fundamental skills of the game by practicing in an environment that allows for creativity and a high volume of repetitions

WHAT TO LOOK FOR:

- ▶ Players having multiple opportunities to do a variety of skills challenges
- ▶ Players challenging themselves to improve their skills
- ▶ Players exploring how to complete the different skills

QUARTER 2 (R2)

ESCAPE THE CHAOS

OUTCOME GOAL:
Give players the opportunity to move and dodge past other players.

WHAT TI LOOK FOR:

- ▶ Players having plenty of opportunities to run with the ball and handball
- ▶ Players exploring how to handball
- ▶ Players evading other players as they run around with the football

QUARTER 3

DIRECTIONAL RUN & CARRY

OUTCOME GOAL:
To learn the principles of penetration and support when running with the ball

WHAT TO LOOK FOR:

- ▶ Players identifying where the best option is to handball to move the ball on
- ▶ Players with the ball aware of where their teammates are, and the defenders relative to them
- ▶ Players executing their handball skills to the advantage of their teammate to help move the ball on

QUARTER 4

RUN AND CARRY GAME (TACKLING)

OUTCOME GOAL:
promote run and carry with the football when attacking under tackling pressure

WHAT TO LOOK FOR:

- ▶ All players having opportunities to run and carry through the middle section of the field
- ▶ Players adjusting their ball movement when in the run and carry middle section
- ▶ Players working together to provide support to the ball carrier when they are in the run and carry middle section

SESSION 9



Click here to view the full session plan including instructional diagrams. Or simply log on to your RookieMe account and view your sessions online.

Contest: 1v1 Contested Marking and Spoiling

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Understand the principles of attack and defence by either taking a mark or spoiling a mark
- ▶ Marking the ball under physical pressure from opponents
- ▶ Spoiling a mark in a dangerous scoring area

PRE-GAME	QUARTER 1	QUARTER 2 (R1)
FOOTBALL ARCHERY	SUPER BOOT	PAIRS FUNDAMENTALS
<p>OUTCOME GOAL: Let children explore how to kick or handball the ball with precision</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having plenty of opportunities to kick and handball at the target areas ▶ Players exploring how to adjust their kick or handball depending on the distance and angle from the target areas ▶ Players changing their kicking and handballing based on what works or doesn't work 	<p>OUTCOME GOAL: Warm up whilst practicing the fundamental skills of kicking for distance and kicking for touch</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players getting multiple opportunities to kick the ball ▶ Players trying to kick the ball as far as they can ▶ Players exploring different ways to get maximum distance on their kick 	<p>OUTCOME GOAL: To learn the fundamental skills of the game by practicing in an environment that allows for creativity and a high volume of repetitions</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to do a variety of skills challenges ▶ Players challenging themselves to improve their skills ▶ Players exploring how to complete the different skills
QUARTER 2 (R2)	QUARTER 3	QUARTER 4
MAGIC MARKS (INCREASE PRESSURE)	PROTECT THE DANGER ZONE	SPOILING GAME
<p>OUTCOME GOAL: To explore a variety of methods for marking the ball, with an emphasis on marking in the hands against an opponent</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to contest for marks ▶ Players trying different ways to mark the ball in a contest ▶ Players adjusting how they contest for the mark depending on their opponent and their relative strengths and weaknesses 	<p>OUTCOME GOAL: To learn the fundamentals of defending a marking contest in the back line – positioning to protect the danger zone and spoiling</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to be both a defender and attacker ▶ Defenders trying different ways to stop the attacker taking a contested mark ▶ Attackers trying different ways to take a contested mark depending on their opponent 	<p>OUTCOME GOAL: To learn to prevent scoring opportunities by spoiling marks in defence</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to spoil a marking contests ▶ Attacking players trying to take contested marks ▶ Players adjusting the way in which they try and spoil based on their opponents relative strengths and weaknesses

SESSION 10









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Attack, Defend and Contest: Revisit 2

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Revisit principles of defence (pressure by tackling), attack (penetrate by running and support by proving passing options)
- ▶ Moving the ball down the field while under pressure from opponents
- ▶ Applying all of the different skills in a full game

PRE-GAME 	QUARTER 1 	QUARTER 2 (R1) 
TENNIS BALL CHALLENGE	SHARKS & ISLANDS	PAIRS FUNDAMENTALS
<p>OUTCOME GOAL: Let children explore how to control a ball on their foot to pass accurately</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having plenty of opportunities to kick to their partner ▶ Players trying to kick all the different balls available to them ▶ Players adjusting how they are kicking based on the type of ball they are kicking 	<p>OUTCOME GOAL: Warm up whilst practicing the fundamental skills of chasing and evading, as well as football skills such as handballing and bouncing the ball</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ All players having a go at being sharks and those trying to evade them ▶ Players having multiple opportunities to perform a variety of skills ▶ Players trying different ways to evade the sharks 	<p>OUTCOME GOAL: To learn the fundamental skills of the game by practicing in an environment that allows for creativity and a high volume of repetitions</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to do a variety of skills challenges ▶ Players challenging themselves to improve their skills ▶ Players exploring how to complete the different skills
QUARTER 2 (R2) 	QUARTER 3 	QUARTER 4 
FARMER & THE SHEEP	DIRECTIONAL RUN & CARRY	NORMAL GAME
<p>OUTCOME GOAL: To learn the fundamentals of tackling to win the ball back in open play</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having lots of opportunities to make tackles ▶ Players trying different ways to tackle depending on where the player is ▶ Players protecting their heads when they make contact in the tackle 	<p>OUTCOME GOAL: To learn the principles of penetration and support when running with the ball</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to run and carry the ball ▶ Players working together to get the ball from one end to the other ▶ Players trying different ways to move the ball from one end to the other (i.e. running, handballing) 	<p>OUTCOME GOAL: Learn to apply the principles (attack, defence and contest) learned across the season in a regular match</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players getting to play in all positions ▶ Players having multiple opportunities to apply all the skills of AFL across, attack, defence and the contest ▶ Players working together in their teams

JUNIOR COACHING CURRICULUM RESOURCES

Guidebook



Level Manuals



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