



JUNIOR COACHING CURRICULUM

LEVEL 5
9-10 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	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: Outnumber the Contest	Dribble Kicking Challenge	Empty the Circle	Pairs Fundamentals	Outnumbered Handball Grid	Go For Goal	Midfield Outnumber Game
2	Attack: Keeping's Off	Creative Marking Challenge	Football Tag	Pairs Fundamentals	Outnumbered Kicking Grid	Directional Kicking	Endzone Possession Game
3	Defence: Winning the Ball Back in Open Play	Football Archery	Empty the Circle	Pairs Fundamentals	Farmer & the Sheep	Go For Goal (Transition from Defence)	Run and Carry Game (Contact)
4	Contest, Attack and Defence: Revisit	Tennis Ball Challenge	Hot Seat	Pairs Fundamentals	Outnumbered Handball Grid	Directional Kicking	Run and Carry Game (Contact)
5	Attack: Long Kick to Advantage	Kicking Accuracy Challenge	Football Tag	Pairs Fundamentals	Outnumbered Handball Grid (To Outnumbered Contest)	3v1 Clearing Kick	30 Second Goal Game
6	Contest: Pack Marking & Crumbing	Dribble Kicking Challenge	Hot Seat	Pairs Fundamentals	Magic Marks (Increase Pressure)	Crumbing Close to Goal (Increase Defensive Advantage)	Goals from Crumbing Game
7	Defence: Defending the Long Threats	Creative Marking Challenge	Handball Tag	Pairs Fundamentals	Outnumbered Handball Grid (To Even Contest)	Crumbing Close to Goal (Increase Attacking Advantage)	30 Second Goal Game
8	Contest, Attack and Defence: Revisit 2	Football Archery	Hills & Valleys	Pairs Fundamentals	Outnumbered Kicking Grid	Go For Goal (Transition from Defense)	Goals from Crumbing Game
9	Contest, Attack and Defence: Revisit 3	Tennis Ball Challenge	Handball Tag	Pairs Fundamentals	Farmer & the Sheep	3v1 Clearing Kick	Midfield Outnumber Game
10	Contest, Attack and Defence: Revisit 4	Kicking Accuracy Challenge	Hills & Valleys	Pairs Fundamentals	Magic Marks (Increase Pressure)	Crumbing Close to Goal (Increase Attacking Advantage)	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: Outnumber the Contest

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Understand the principle of support by moving to create advantage space
- ▶ Handballing to a teammate in space
- ▶ When to impact a contest and when to be an option to receive the ball

PRE-GAME	QUARTER 1	QUARTER 2 (R1)
DRIBBLE KICKING CHALLENGE	EMPTY THE CIRCLE	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 providing high repetitions of the fundamental skill of kicking</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ All players having opportunities to kick ▶ Players identifying space to kick into ▶ Players trying to kick the footballs as quickly as possible 	<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	GO FOR GOAL	MIDFIELD OUTNUMBER 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 win the contested ball & for teammates to support by providing handball options</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Attacking players without the ball identifying space and moving into it providing an option for the ball carrier ▶ Ball carriers finding an open player in space to handball to ▶ Players trying different ways to create space for each other to create an attacking advantage 	<p>OUTCOME GOAL: Midfielders to outnumber the opposition at contests in the forward and back line to support each other and help win the ball</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ All players having an opportunity to play as a midfielder ▶ Midfield players pushing into the forward and back zones to help give extra numbers ▶ Players making decisions on when to and when not to try and impact a contest, both defensively and offensively

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: Keepings Off

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Understand possession and support as principles of attack
- ▶ Kicking to find an open teammate in a variety of situations
- ▶ Identifying and moving into space to provide passing options

PRE-GAME 	QUARTER 1 	QUARTER 2 (R1) 
CREATIVE MARKING CHALLENGE	FOOTBALL TAG	PAIRS FUNDAMENTALS
<p>OUTCOME GOAL: Let children be creative with their movements whilst simultaneously marking the ball</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 (a) performing fundamental movements, such as running and crawling, and (b) learning to evade</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to be taggers and evaders ▶ Players trying to evade the taggers in a variety of ways ▶ Taggers learning to track players and anticipate their movement 	<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 KICKING GRID	DIRECTIONAL KICK	END ZONE POSSESSION GAME
<p>OUTCOME GOAL: To learn how to maintain possession by kicking, which includes players without the ball providing support by moving to space</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 through kicking ▶ Players changing their kick to give their teammate in space time to mark it 	<p>OUTCOME GOAL: To learn how to maintain possession by kicking whilst moving the ball forward and for players without the ball to support by moving to space</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having lots of opportunities to kick and mark the football ▶ Players moving into space to help move the football as fast as they can ▶ Players adjusting how they kick depending on where team mates are relative to defenders 	<p>OUTCOME GOAL: To learn how to attack and score by maintaining possession of the ball</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players looking to use their kick to move the football down the field ▶ Players working together to get a teammate free in the endzone ▶ Players adjusting how they try and kick depending on where their teammates are relative to the defender

SESSION 3



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Defence: Winning the Football Back In Open Play

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Understand the principles of defence (pressure & covering)
- ▶ Defending against run and carry through the middle of the ground
- ▶ Using defensive principles to pressure players with the ball and regain possession

<p>PRE-GAME </p>	<p>QUARTER 1 </p>	<p>QUARTER 2 (R1) </p>
<p>FOOTBALL ARCHERY</p>	<p>EMPTY THE CIRCLE</p>	<p>PAIRS FUNDAMENTALS</p>
<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 targets ▶ Players changing their kicking and handballing based on what works or doesn't work 	<p>OUTCOME GOAL: Warm up whilst providing high repetitions of the fundamental skill of kicking</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ All players having opportunities to kick ▶ Players identifying space to kick into ▶ Players trying to kick the footballs as quickly as possible 	<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
<p>QUARTER 2 (R2) </p>	<p>QUARTER 3 </p>	<p>QUARTER 4 </p>
<p>FARMER & THE SHEEP</p>	<p>GO FOR GOAL (TRANSITION FROM DEFENSE)</p>	<p>RUN AND CARRY GAME (CONTACT)</p>
<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 win the ball back by chasing and tackling, and consequently create a scoring opportunity</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players chasing after the ball, putting pressure on ball carrier to try and win it back ▶ Team without the ball shutting down the attacking space to increase the chance of winning the ball back ▶ Players trying different ways to create space for each other to create an attacking advantage 	<p>OUTCOME GOAL: To apply defensive principles in a match environment</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ All players having opportunities to run and carry through the middle section of the field ▶ Defensive players chasing and tackling through the middle of the field ▶ Defenders adjusting how they defend when they are in the middle, no kicking zone compared to the other section of the field

SESSION 4



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Attack, Defend and Contest: Revisit

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Revisit fundamental principles - support, possession, pressure and cover
- ▶ Attacking and defending space
- ▶ Applying the principles of contest, attack and defence in a game-like scenario

PRE-GAME

TENNIS BALL CHALLENGE

OUTCOME GOAL:
Let children explore how to control a ball on their foot to pass accurately

WHAT TO LOOK FOR:

- ▶ 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

QUARTER 1

HOT SEAT

OUTCOME GOAL:
Warm up whilst learning how to work as a team to protect a teammate by using body position

WHAT TO LOOK FOR:

- ▶ All players having turns being the taggers, protectors and the player in the middle
- ▶ Player who is the tagger trying different ways to get to the player in the middle
- ▶ Those who are protecting the player in the middle working together to provide a buffer from the tagger through positioning of their body

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)

OUTNUMBERED HANDBALL GRID

OUTCOME GOAL:
To learn the principle of support in an outnumbered situation to maintain possession

WHAT TO LOOK FOR:

- ▶ Players identifying where the space is and moving into it to receive the ball
- ▶ Players utilising the outnumber advantage to maintain possession of the ball
- ▶ Defenders trying different ways to pressure the attacking players

QUARTER 3

DIRECTIONAL KICK

OUTCOME GOAL:
To learn how to maintain possession by kicking whilst moving the ball forward and for players without the ball to support by moving to space

WHAT TO LOOK FOR:

- ▶ Players adjusting how they kick depending on where their team mates are relative to defenders
- ▶ Players moving into space to help move the football as fast as they can
- ▶ Defenders trying different ways to pressure the attacking players with less numbers

QUARTER 4

RUN AND CARRY GAME (CONTACT)

OUTCOME GOAL:
To apply defensive principles in a match environment

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
- ▶ Defenders adjusting how they defend when they are in the middle, no kicking zone, compared to other sections of the field

SESSION 5



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Attack: Long Kick to Advantage

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Understand the principle of penetration by kicking long
- ▶ Understand the principle of kicking to the advantage of a teammate
- ▶ Identifying the space to kick into to give teammates an advantage

PRE-GAME	QUARTER 1	QUARTER 2 (R1)
KICKING ACCURACY CHALLENGE	FOOTBALL TAG	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 (a) performing fundamental movements, such as running and crawling, and (b) learning to evade</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to be taggers and evaders ▶ Players trying to evade the taggers in a variety of ways ▶ Taggers learning to track players and anticipate their movement 	<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 (TO OUTNUMBERED CONTEST)	3V1 CLEARING KICK	30 SECOND GOAL GAME
<p>OUTCOME GOAL: Learn to penetrate by kicking long to a teammates advantage</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players all having multiple opportunities to kick long to advantage ▶ Players identifying and kicking to the advantage of the attackers at the end ▶ Players adjusting the type of kick depending on where the advantage is for the attacking player 	<p>OUTCOME GOAL: Exit the backline by isolating an advantage by hand and then kicking long to advantage</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players all having multiple opportunities to kick long to advantage ▶ Players identifying and kicking to the advantage of the attackers at the end ▶ Players releasing the kicking player with a handball that gives them time and space 	<p>OUTCOME GOAL: To learn to penetrate by moving the ball fast and create scoring threats</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ All players having opportunities to kick to advantage in a game-like setting ▶ Players moving the ball quickly by identifying where they can kick the ball to their teammates advantage ▶ Players working together to move the ball quickly

SESSION 6









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Contest: Pack Marking and Crumbing

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Understand the principles of a contested marking situation by (a) using body to protect the ball drop and (b) holding depth and width when crumbing
- ▶ Positioning at a contest to increase the opportunity to win the ball
- ▶ Creating scoring opportunities off crumbing at a contest

<p>PRE-GAME </p> <p>DRIBBLE KICKING CHALLENGE</p> <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>QUARTER 1 </p> <p>HOT SEAT</p> <p>OUTCOME GOAL: Warm up whilst learning how to work as a team to protect a teammate by using body position</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ All players having turns being the taggers, protectors and the player in the middle ▶ Player who is the tagger trying different ways to get to the player in the middle ▶ Those who are protecting the player in the middle working together to provide a buffer from the tagger through positioning of their body 	<p>QUARTER 2 (R1) </p> <p>PAIRS FUNDAMENTALS</p> <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
<p>QUARTER 2 (R2) </p> <p>MAGIC MARKS (INCREASE PRESSURE)</p> <p>OUTCOME GOAL: To explore a variety of methods for marking the ball, with an emphasise 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>QUARTER 3 </p> <p>CRUMBING CLOSE TO GOAL (INCREASE DEFENSIVE ADVANTAGE)</p> <p>OUTCOME GOAL: Learn where to position at a contest in the hotspot to generate scoring threats</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ All players having an opportunity to crumb defensively and offensively, and be in the marking contest ▶ Players reading the flight of the ball to help position themselves at the contest ▶ Forwards working together to cover as much of the contest as possible, giving them the best chance of winning the ball 	<p>QUARTER 4 </p> <p>GOALS FROM CRUMBING GAME</p> <p>OUTCOME GOAL: Learn to create scoring threats by crumbing</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players reading the flight of the ball to help position themselves at the contest, whether marking or crumbing ▶ Players trying different ways to get to the best position to crumb the ball ▶ Players looking to score when they crumb the ball off a contest

SESSION 7









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Defence: Defending the Long Threats

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Understand the principles of defending long kicks – positioning to impact the contest, balance around the contest and pressure when the ball is live
- ▶ Defend opponents at a contest both in the air and on the ground
- ▶ Defending to cover and slow the attacking ball movement down

<p>PRE-GAME </p>	<p>QUARTER 1 </p>	<p>QUARTER 2 (R1) </p>
<p>CREATIVE MARKING CHALLENGE</p>	<p>HANDBALL TAG</p>	<p>PAIRS FUNDAMENTALS</p>
<p>OUTCOME GOAL: Let children be creative with their movements whilst simultaneously marking the ball</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 (a) practicing handballing, (b) performing fundamental movements, such as running and crawling, and (c) learning to evade</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to be taggers and evaders ▶ Players trying to evade the taggers in a variety of ways ▶ Taggers trying to handball to where the evaders are going to move as opposed to where they are 	<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
<p>QUARTER 2 (R2) </p>	<p>QUARTER 3 </p>	<p>QUARTER 4 </p>
<p>OUTNUMBERED HANDBALL GRID (TO EVEN CONTEST)</p>	<p>CRUMBING CLOSE TO GOAL (INCREASE ATTACKING ADVANTAGE)</p>	<p>30 SECOND GOAL GAME</p>
<p>OUTCOME GOAL: To learn to read the ball flight and to understand where to be positioned to provide the best opportunity of defending a long kick</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players all having multiple opportunities to defend the long kick ▶ Players identifying and kicking to the advantage of the attackers at the end ▶ Players adjusting how they defend the long kick based on the kick and opponent 	<p>OUTCOME GOAL: To learn to defend scoring threats when the ball is kicked to the hot spot by knowing where to be positioned relative to forwards and by applying pressure</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ All players having a chance opportunity to crumb as well as be in the marking contest ▶ Defenders positioning themselves at the contest based off the ball flight and attacking player movement ▶ Defenders working together to cover attackers and the contest 	<p>OUTCOME GOAL: To learn to defend scoring threats by being balanced at the contest after a long kick, and by applying pressure to the ball carrier</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ All players having opportunities to defend and attack under time pressure ▶ Defenders trying different ways to slow down the ball movement of the attackers ▶ Players working together to slow down the opposition's ball movement

SESSION 8




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, Defend and Contest: Revisit 2

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Revisit maintaining possession by foot, pressuring and covering to create turnovers, and holding depth and width when crumbing
- ▶ Applying pressure and forcing turnovers in a variety of different scenarios
- ▶ Defending at the contest in a dangerous scoring area


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 targets
- ▶ Players changing their kicking and handballing based on what works or doesn't work


QUARTER 1 

HILLS & VALLEYS

OUTCOME GOAL:
Warm up whilst practicing gathering a football and handballing

WHAT TO LOOK FOR:

- ▶ All players moving and engaged in the game
- ▶ Players looking to receive a handball from a teammate
- ▶ Players targeting the oppositions cones that have the footballs on them


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) 

OUTNUMBERED KICKING GRID

OUTCOME GOAL:
To learn how to maintain possession by kicking, which includes players without the ball providing support by moving to space

WHAT TO LOOK FOR:

- ▶ Attacking players utilising the outnumber advantage to maintain possession of the football through kicking
- ▶ Players changing their kick to give their teammate in space time to mark it
- ▶ Defenders trying different tactics to disrupt or intercept


QUARTER 3 

GO FOR GOAL (TRANSITION FROM DEFENSE)

OUTCOME GOAL:
To win the contested ball & for teammates to support by providing handball options

WHAT TO LOOK FOR:

- ▶ Players chasing after the ball, putting pressure on ball carrier to try and win it back
- ▶ Team without the ball shutting down the attacking space to increase the chance of winning the ball back
- ▶ Players trying different ways to create space for each other to create an attacking advantage

QUARTER 4 

GOALS FROM CRUMBING GAME

OUTCOME GOAL:
Learn to create scoring threats by crumbing

WHAT TO LOOK FOR:

- ▶ Players reading the flight of the ball to help position themselves at the contest, whether marking or crumbing
- ▶ Players trying different ways to get to the best position to crumb the ball
- ▶ Defenders trying to cover the crumbing to stop the chance of a goal

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.

Attack, Defend and Contest: Revisit 3

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Revisit pressuring by tackling, penetrating by kicking long, and providing support when a teammate has the ball
- ▶ Utilising the outnumber advantage when on attack
- ▶ Identifying the advantage side for a teammate

<p>PRE-GAME </p>	<p>QUARTER 1 </p>	<p>QUARTER 2 (R1) </p>
<p>TENNIS BALL CHALLENGE</p>	<p>HANDBALL TAG</p>	<p>PAIRS FUNDAMENTALS</p>
<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 (a) practicing handballing, (b) performing fundamental movements, such as running and crawling, and (c) learning to evade</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to be taggers and evaders ▶ Players trying to evade the taggers in a variety of ways Taggers trying to handball to where the evaders are going to move as opposed to where they are 	<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
<p>QUARTER 2 (R2) </p>	<p>QUARTER 3 </p>	<p>QUARTER 4 </p>
<p>FARMER & THE SHEEP</p>	<p>3V1 CLEARING KICK</p>	<p>MIDFIELD OUTNUMBER GAME</p>
<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: Exit the backline by isolating an advantage by hand and then kicking long to advantage</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players all having multiple opportunities to kick long to advantage ▶ Players identifying and kicking to the advantage of the attackers at the end ▶ Players releasing the kicking player with a handball that gives them time and space 	<p>OUTCOME GOAL: Midfielders to outnumber the opposition at contests in the forward line and back line to support each other and help win the ball</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ All players having an opportunity to play as a midfielder ▶ Midfield players pushing into the forward and back zones to help give extra numbers ▶ Players making decisions on when to and when not to try and impact a contest

SESSION 10




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, Defend and Contest: Revisit 4

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Revisit principles of a marking contest (protect the ball drop) and principles of defending a long kick (balance and pressure)
- ▶ Defending at a contest in the air and on the ground
- ▶ Applying all the principles of contest, attack and defence together in a game

PRE-GAME 

KICKING ACCURACY CHALLENGE

OUTCOME GOAL:
Let children challenge themselves by kicking the ball at targets from any distance that they choose

WHAT TO LOOK FOR:

- ▶ 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


QUARTER 1 

HILLS & VALLEYS

OUTCOME GOAL:
Warm up whilst practicing gathering a football and handballing

WHAT TO LOOK FOR:

- ▶ All players moving and engaged in the game
- ▶ Players looking to receive a handball from a teammate
- ▶ Players targeting the oppositions cones that have the footballs on them


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) 

MAGIC MARKS (INCREASE PRESSURE)

OUTCOME GOAL:
To explore a variety of methods for marking the ball, with an emphasise on marking in the hands against an opponent

WHAT TO LOOK FOR:

- ▶ Players having multiple opportunities to contest for marks
- ▶ Players trying different ways to mark the football in a contest
- ▶ Players adjusting how they contest for the mark depending on their opponent and their relative strengths and weaknesses

QUARTER 3 

CRUMBING CLOSE TO GOAL (INCREASE ATTACKING ADVANTAGE)

OUTCOME GOAL:
Learn to defend scoring threats when the ball is kicked to the hot spot by knowing where to be positioned relative to forwards

WHAT TO LOOK FOR:

- ▶ Defenders positioning themselves at the contest based off the flight of the ball and the attacking players
- ▶ Defenders working together to cover attackers and the contest
- ▶ Attacking players reading the flight of the ball and positioning themselves to create scoring opportunities off the contest

QUARTER 4 

NORMAL GAME

OUTCOME GOAL:
Learn to apply the principles (attack, defence and contest) learned across the season in a regular match

WHAT TO LOOK FOR:

- ▶ 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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