

coach 

JUNIOR COACHING CURRICULUM

LEVEL 6
11-12 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: Contest Balance - Inside and Outside | Creative Marking Challenge | Island Tag | Pairs Fundamentals | Outnumbered Handball Grid (To Scoring Opportunity) | Attacking and Defensive Ball up Game | Stoppage Simulation Game |
| 2 | Attack: Sharing to Score | Dribble Kicking Challenge | Rats and Rabbits | Pairs Fundamentals | 3v1 Clearing Kick (To Scoring Opportunity) | Inside 50m Kick | Goal Assist Game |
| 3 | Defence: Defensive Transition Reading the Opposition | Kicking Accuracy Challenge | Island Tag | Pairs Fundamentals | Golden Bib | Go for Goal (Increase Defensive Advantage) | Counter-Attack (Increase Attacking Advantage) |
| 4 | Defence: Help Defence (2v1 Outnumber) | Football Archery | British Bulldog | Pairs Fundamentals | Outnumbered Handball Grid (To Even Contest) | Inside 50m Kick | Counter-Attack |
| 5 | Attack: Attacking Transition Reading When Your Team Wins the Ball | Tennis Ball Challenge | Rats and Rabbits | Pairs Fundamentals | Golden Bib | Go for Goal (Increase Attacking Advantage) | Counter-Attack (Increase Attacking Advantage) |
| 6 | Attack, Defend and Contest: Revisit | Creative Marking Challenge | British Bulldog | Pairs Fundamentals | Outnumbered Handball Grid (To Even Contest) | Attacking and Defensive Ball up Game | Goal Assist Game |
| 7 | Contest: Contest Balance | Dribble Kicking Challenge | Protect the Ball | Pairs Fundamentals | Outnumbered Handball Grid (To Scoring Opportunity) | Attacking and Defensive Ball up Game | Stoppage Simulation Game |
| 8 | Attack: Sharing to Score 2 | Kicking Accuracy Challenge | Handballing vs Sprinting | Pairs Fundamentals | 3v1 Clearing Kick (To Scoring Opportunity) | Inside 50m Kick | Goal Assist Game |
| 9 | Defence: Help Defence (2v1 Outnumber) 2 | Football Archery | Protect the Ball | Pairs Fundamentals | Outnumbered Handball Grid (To Even Contest) | Inside 50m Kick | Counter-Attack |
| 10 | Attack, Defend and Contest: Revisit 2 | Tennis Ball Challenge | Handballing vs Sprinting | Pairs Fundamentals | Outnumbered Handball Grid (To Scoring Opportunity) | Go for Goal (Increase Defensive 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: Contest Balance - Inside and Outside

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Understand the principle of support by using depth and width around a contest to ensure balanced positioning
- ▶ Moving the ball away from congested areas
- ▶ Switching between defending and attacking at a stoppage

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|---|---|---|
| PRE-GAME | QUARTER 1 | QUARTER 2 (R1) |
| CREATIVE MARKING CHALLENGE | ISLAND TAG | 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: A fun evasion and chasing activity</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having opportunities to be taggers and evaders ▶ Players using different evasion skills to avoid the taggers ▶ Players performing a variety of skills at the skills stations | <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 and their teammates to improve their skills ▶ Players exploring how to complete the different skills |
| QUARTER 2 (R2) | QUARTER 3 | QUARTER 4 |
| OUTNUMBERED HANDBALL GRID (TO GOAL) | ATTACKING AND DEFENSIVE BALL UP GAME | STOPPAGE SIMULATION GAME |
| <p>OUTCOME GOAL: Learning to move to receive a clear handball, then release to have a shot on goal</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to release the ball out of the small grid ▶ Attacking players moving from the small grid out wide to create attacking space and move the football away from the contest and defenders ▶ Players using the handball to create space and provide an opportunity at goal | <p>OUTCOME GOAL: Teach players to constantly change their roles in attacking or defensive situations</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to play the defensive or attacking role at a stoppage ▶ Players adjusting how they compete at the stoppage if defending or attacking ▶ Players involved in the stoppage working with the players on the outside to clear the ball from the stoppage | <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 having multiple opportunities to compete for the ball at a stoppage ▶ Players trying different ways to get the football to the outside at a stoppage ▶ Players working together to clear the football at a stoppage |

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: Sharing to Score

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Understand the principles of penetration and support by getting the ball into a scoring position
- ▶ Identifying where the best scoring opportunity is
- ▶ Sharing the ball to teammates in a better scoring position

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| PRE-GAME  | QUARTER 1  | QUARTER 2 (R1)  |
| DRIBBLE KICKING CHALLENGE | RATS AND RABBITS | 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: A fun anticipation and reaction activity</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players reacting quickly to the coaches call ▶ Players changing their speed and direction when trying to get to their line ▶ Players chasing adjusting their speed and direction off their partner's movements | <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 and their teammates to improve their skills ▶ Players exploring how to complete the different skills |
| QUARTER 2 (R2)  | QUARTER 3  | QUARTER 4  |
| 3V1 CLEARING KICK (TO SCORING OPPORTUNITY) | INSIDE 50M KICK | GOAL ASSIST GAME |
| <p>OUTCOME GOAL: Learn to create scoring opportunities by isolating an advantage by hand and then kicking for goal</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ All players having multiple opportunities to have shots at goal and be the defender ▶ Players trying a variety of ways to free a player up to kick a goal ▶ Players learning to kick a goal with some defensive pressure | <p>OUTCOME GOAL: To learn how to find space in the forward line to create passing options and how sharing the ball can create scoring opportunities</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to both defend and attack ▶ Defenders working together to cover the ball and attackers giving them the best chance of winning back the ball ▶ Attacking players adjusting how they move to create a scoring opportunity | <p>OUTCOME GOAL: To understand the principle of support by passing the ball to players in better scoring position</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to assist with goals ▶ Players working together to create goal assists inside 30m from goal ▶ Players trying a variety of ways to free a player up to kick a goal |

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: Defensive Transition - Reading the Opposition

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Understand the principles of delay and cover by stopping the ball moving forward
- ▶ Identifying when your team is about to turnover the ball
- ▶ Slowing down opposition ball movement after turning the ball over

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| PRE-GAME | QUARTER 1 | QUARTER 2 (R1) |
| KICKING ACCURACY CHALLENGE | ISLAND 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: A fun evasion and chasing activity</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having opportunities to be taggers and evaders ▶ Players using different evasion skills to avoid the taggers ▶ Players performing a variety of skills at the skills stations | <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 and their teammates to improve their skills ▶ Players exploring how to complete the different skills |
| QUARTER 2 (R2) | QUARTER 3 | QUARTER 4 |
| GOLDEN BIB | GO FOR GOAL (INCREASE DEFENSIVE ADVANTAGE) | COUNTER-ATTACK (INCREASE ATTACKING ADVANTAGE) |
| <p>OUTCOME GOAL: To learn techniques to slow the opposition's counter attack after they win the ball</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players on defence trying different ways to slow down the attacking ball movement ▶ Players reading the play and adjusting their positioning and movement as they recognise they are about to transition from offence to defence ▶ Players working together to defend the dangerous attacking spaces | <p>OUTCOME GOAL: To understand the principle of delay by slowing down the opposition after a turnover</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 quickly transitioning from offence to defence when there is a turnover | <p>OUTCOME GOAL: To learn to read when the opposition is about to win the ball back and apply the principle of delay to prevent a fast counter attack</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players anticipating when their team is about to turnover the ball ▶ Players putting pressure on a team after they have turned the ball over ▶ Players trying different ways to position themselves when they anticipate a turnover |

SESSION 4



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: Help Defence (2v1 Outnumber)

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Understand how to isolate an advantage in a contested situation using body positioning
- ▶ Outnumbering a contest in the air and on the ground
- ▶ Defending when in a dangerous scoring area

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| PRE-GAME  | QUARTER 1  | QUARTER 2 (R1)  |
| FOOTBALL ARCHERY | BRITISH BULLDOG | 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: Fundamentals of evading and dodging opponents as well as teaching the basics of corraling and tackling</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players trying different ways to evade the defender ▶ Defenders tracking and anticipating the evasive movements of the evaders ▶ Players having the opportunity to be both defenders and evaders | <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 and their teammates to improve their skills ▶ Players exploring how to complete the different skills |
| QUARTER 2 (R2)  | QUARTER 3  | QUARTER 4  |
| OUTNUMBERED HANDBALL GRID (TO EVEN CONTEST) | INSIDE 50M KICK | COUNTER-ATTACK |
| <p>OUTCOME GOAL: To learn to read the ball flight and to understand when to leave your player to help a teammate defend a marking contest</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 ▶ Defenders identifying when they can leave their opponent to help their teammate out in the contest | <p>OUTCOME GOAL: To learn the importance of helping a teammate in defence to prevent a scoring opportunity</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to be both defenders and attackers ▶ Defenders working together to nullify the opposition when the ball is kicked into a contest. ▶ Attacking players adjusting how they move and attack to create a scoring opportunity from the inside 50 kick | <p>OUTCOME GOAL: To understand when to help teammates in defence by creating an outnumber at the contest</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players anticipating when their team is about to turnover the football ▶ Defensive players working together to outnumber the attacking team at the contest ▶ The loose defensive player reading the ball movement, so they can have an impact at the contest |

SESSION 5





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Attack: Attacking Transition - Reading When Your Team Wins The Ball

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Understand the principle of support by using depth and width to create advantage space
- ▶ Identifying when a turnover is about to occur
- ▶ Moving into space to create attacking options after a turnover

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|---|---|---|
| <p>PRE-GAME </p> | <p>QUARTER 1 </p> | <p>QUARTER 2 (R1) </p> |
| <p>CREATIVE MARKING CHALLENGE</p> | <p>RATS AND RABBITS</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: A fun anticipation and reaction activity</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players reacting quickly to the coaches call ▶ Players changing their speed and direction when trying to get to their line ▶ Players chasing adjusting their speed and direction off their partner's movements | <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 and their teammates 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>GOLDEN BIB</p> | <p>GO FOR GOAL (INCREASE DEFENSIVE ADVANTAGE)</p> | <p>COUNTER-ATTACK (INCREASE ATTACKING ADVANTAGE)</p> |
| <p>OUTCOME GOAL: To learn where to run to create a fast counter attack after a turnover</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players on defence trying different ways to slow down the attacking ball movement ▶ Players reading the play and adjusting their positioning and movement as they recognise they are about to transition from offence to defence ▶ Players working together to defend the dangerous attacking spaces | <p>OUTCOME GOAL: To understand the principle of support by using depth and width to create passing options after a turnover</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 ▶ Players trying different ways to create space for each other once they force a turnover to create an attacking advantage | <p>OUTCOME GOAL: To learn to read when your team is about to win the ball back and understand how to use depth and width create a fast counter attack</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players anticipating when their team is about to force a turnover ▶ Players creating attacking space when they force a turnover ▶ Players trying different ways to position themselves when they anticipate a turnover |

SESSION 6



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Attack, Defend and Contest: Revisit

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Revisit key principles of defence (delay and cover), the contest (support) and attack (penetration and support)
- ▶ Applying defending and attacking when inside 50
- ▶ Defending and attacking at stoppages

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|--|---|---|
| <p>PRE-GAME </p> | <p>QUARTER 1 </p> | <p>QUARTER 2 (R1) </p> |
| <p>CREATIVE MARKING CHALLENGE</p> <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>BRITISH BULLDOG</p> <p>OUTCOME GOAL: Fundamentals of evading and dodging opponents as well as teaching the basics of corralling and tackling</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players trying different ways to evade the defender ▶ Defenders tracking and anticipating the evasive movements of the evaders ▶ Players having the opportunity to be both defenders and evaders | <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 and their teammates 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>OUTCOME GOAL: To learn to read the ball flight and to understand when to leave your player to help a teammate defend a marking contest</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 ▶ Defenders identifying when they can leave their opponent to help their teammate out in the contest | <p>ATTACKING AND DEFENSIVE BALL UP GAME</p> <p>OUTCOME GOAL: Teach players to constantly change their roles in attacking or defensive situations</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to play the defensive or attacking role at a stoppage ▶ Players adjusting how they compete at the stoppage if they are defending or attacking ▶ Players involved in the stoppage working with the players on the outside to clear the ball from the stoppage | <p>GOAL ASSIST GAME</p> <p>OUTCOME GOAL: To understand the principle of support by passing the ball to players in better scoring position</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to assist with goals ▶ Players working together to create goal assists inside 30m from goal ▶ Players trying a variety of ways to free a player up to kick a goal |

SESSION 7



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: Contest Balance

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Understand the principle of support by using depth and width around a contest to ensure balanced positioning
- ▶ Balancing around stoppages
- ▶ Moving the ball away from a stoppage into space

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|--|---|--|
| PRE-GAME | QUARTER 1 | QUARTER 2 (R1) |
| DRIBBLE KICKING CHALLENGE | PROTECT THE BALL | 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: Players are trying to protect their own ball by using their body to shield the defender</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to protect the ball ▶ Players using their body in a variety of different ways to protect the ball from being stolen ▶ Players adjusting how they use their body depending on the direction and angle of the player trying to steal their ball | <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 and their teammates to improve their skills ▶ Players exploring how to complete the different skills |
| QUARTER 2 (R2) | QUARTER 3 | QUARTER 4 |
| OUTNUMBERED HANDBALL GRID (TO SCORING OPPORTUNITY) | ATTACKING AND DEFENSIVE BALL UP GAME | STOPPAGE SIMULATION GAME |
| <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 release the ball out of the small grid ▶ Attacking players moving from the small grid out wide to create attacking space and move the football away from the contest and defenders ▶ Players handballing to create space an opportunity to have a shot at goal | <p>OUTCOME GOAL: Teach players to constantly change their roles in attacking or defensive situations</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to play the defensive or attacking roll at a stoppage ▶ Players finding the attacking space outside the initial stoppage ▶ Players involved in the stoppage working with their teammates to ensure they are spaced around the stoppage | <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 having multiple opportunities to compete for the ball at a stoppage ▶ Players adjusting their positioning to maintain spacing at the stoppage ▶ Players working together to clear the football at a stoppage |

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: Sharing to Score 2

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Understand the principle of penetration by getting the ball into a scoring position
- ▶ Movement without the ball to provide scoring options for teammates
- ▶ Sharing the ball to teammates in a better scoring position

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| PRE-GAME  | QUARTER 1  | QUARTER 2 (R1)  |
| KICKING ACCURACY CHALLENGE | HANDBALLING VS SPRINTING | 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: Speed of handballing while under time pressure</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players all having the opportunity to be the handballer in the middle ▶ Players trying to handball as quickly as they can ▶ Players sprinting around the handballers | <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 and their teammates to improve their skills ▶ Players exploring how to complete the different skills |
| QUARTER 2 (R2)  | QUARTER 3  | QUARTER 4  |
| 3V1 CLEARING KICK (TO SCORING OPPORTUNITY) | INSIDE 50M KICK | GOAL ASSIST GAME |
| <p>OUTCOME GOAL: Learn to create scoring opportunities by isolating an advantage by hand and then kicking for goal</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ All players having multiple opportunities to have shots at goal and be the defender ▶ Players trying a variety of ways to free a player up to kick a goal ▶ Players learning to kick a goal with some defensive pressure | <p>OUTCOME GOAL: To learn how to find space in the forward line to create passing options and how sharing the ball can create scoring opportunities</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to both defend and attack ▶ Defenders working together to cover the ball and attackers giving them the best chance of winning back the ball ▶ Attacking players adjusting how they move to create a scoring opportunity | <p>OUTCOME GOAL: To understand the principle of support by passing the ball to players in better scoring position</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to assist with goals ▶ Players trying a variety of ways to free a player up to kick a goal ▶ Players without the football getting themselves into super goal scoring positions |

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.

Defence: Help Defence (2v1 Outnumber) 2

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Understand the principle of balance by restricting the space that second attackers can work in
- ▶ Assisting teammates at a contest to provide an outnumber advantage
- ▶ Defending the contest in a dangerous scoring area

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| PRE-GAME | QUARTER 1 | QUARTER 2 (R1) |
| FOOTBALL ARCHERY | PROTECT THE BALL | 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: Players are trying to protect their own ball by using their body to shield the defender</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to protect the ball ▶ Players using their body in a variety of different ways to protect the ball from being stolen ▶ Players adjusting how they use their body depending on the direction and angle of the player trying to steal their ball | <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 and their teammates to improve their skills ▶ Players exploring how to complete the different skills |
| QUARTER 2 (R2) | QUARTER 3 | QUARTER 4 |
| OUTNUMBERED HANDBALL GRID (TO EVEN CONTEST) | INSIDE 50M KICK | COUNTER-ATTACK |
| <p>OUTCOME GOAL: To learn to read the ball flight and to understand when to leave your player to help a teammate defend a marking contest</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 ▶ Defenders identifying when they can leave their opponent to help their teammate out in the contest | <p>OUTCOME GOAL: To learn the importance of helping a teammate in defence to prevent a scoring opportunity</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players having multiple opportunities to be both defenders and attackers ▶ Defenders working together to nullify the opposition when the ball is kicked into a contest ▶ Attacking players adjusting how they move and attack to create a scoring opportunity from the inside 50 kick | <p>OUTCOME GOAL: To understand when to help teammates in defence by creating an outnumber at the contest</p> <p>WHAT TO LOOK FOR:</p> <ul style="list-style-type: none"> ▶ Players anticipating when their team is about to turn over the football ▶ Defensive players working together to outnumber the attacking team at the contest ▶ The loose defensive player reading the ball movement, so they can have an impact at the contest |

SESSION 10




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Attack, Defend and Contest: Revisit 2

SESSION GOAL (WHAT YOU WILL TEACH):

- ▶ Apply the principles learnt throughout the season (penetrate, support, delay, covering) in a regular match
- ▶ Transitioning between attack and defence
- ▶ Applying all the principles of contest, attack and defence together in a game


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 

HANDBALLING VS SPRINTING

OUTCOME GOAL:
Speed of handballing while under time pressure

WHAT TO LOOK FOR:

- ▶ Players all having the opportunity to be the handballer in the middle
- ▶ Players trying to handball as quickly as they can
- ▶ Players sprinting around the handballers


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 and their teammates to improve their skills
- ▶ Players exploring how to complete the different skills


QUARTER 2 (R2) 

OUTNUMBERED HANDBALL GRID (TO SCORING OPPORTUNITY)

OUTCOME GOAL:
To learn the principle of support by finding space on the outside of the contest

WHAT TO LOOK FOR:

- ▶ Players having multiple opportunities to release the ball out of the small grid
- ▶ Attacking players moving from the small grid out wide to create attacking space and move the football away from the contest and defenders
- ▶ Defenders putting pressure on the attackers to force a mistake


QUARTER 3 

GO FOR GOAL (INCREASE DEFENSIVE ADVANTAGE)

OUTCOME GOAL:
To understand the attacking and defensive principles after a turnover to create or prevent a counter attack

WHAT TO LOOK FOR:

- ▶ Players chasing after the ball, putting pressure on ball carrier to try and win it back
- ▶ Players trying different ways to create space for each other once they force a turnover
- ▶ Players anticipating a turnover and quickly transitioning from defence to offence or vice versa

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

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