VISUAL INSTRUCTIONS



Visual instructions show players how to do a skill or activity step-by-step with pictures and short statements. This can help them understand how to do the task. You could put the visual instructions on a flipchart or whiteboard, or even have smaller cards or sheets for players to refer to. Two examples are provided below, as well as a blank template for you to create your own visual instructions.

STEP 3

drop the ball

EXAMPLE 1: HOW TO KICK

Hold the ball vertically (up and down) with your hands on either side of the ball and the laces of the ball facing forward

STEP 2

Hold the ball over the leg that you want to kick with







Step forward with your non-kicking leg and



Point your toes and kick the ball before it touches the ground



EXAMPLE 2: HANDBALL HEROES



STEP 1

Stand behind a cone



STEP 2 Run forward and pick up the ball



STEP 3

Pass the ball to the helper in front of you



STEP 4 Run around the helper



STEP 5 Get the ball back off the helper



STEP 6 Put the ball down in between your cone and the helper



STEP 7 Run back to the cone that you started at



STEP 8 Stand behind the cone. Finished.



AlPlay Footy is a joint initiative by Monash University and the AFL. AllPlay Footy was founded at Deakin University in 2015 and has been part of Monash Education since 2021. The AllPlay Footy content and resources presented here are brought to you with funding from a Department of Social Services Information, Linkages and Capacity Building: Social and Community Participation Stream (2020-2024) grant

VISUAL INSTRUCTIONS TEMPLATE



STEP #	STEP	STEP	STEP	STEP
BRIEF Instruction				
VISUAL				