

# CURRICULUM ON A PAGE



Session	Skill Focus	Energiser (up to 8 minutes)	Activator (up to 8 minutes)	Match Play (Maximum 45 minutes)	Experience Focus
1	Kicking	Sink the Ship	Paired Skills	Match Play	Learn the kicking fundamentals by practising kicking the ball in a variety of ways off both feet.
2	Handballing	Hills & Valleys	Pulyugge	Match Play	Explore different ways to handball in a variety of situations.
3	Ground Balls	Ruckman's Treasure	Random Feeds	Match Play	Learn how to gather the football off the ground in static and moving environments.
4	Goal Kicking	Footy Tag	Goal Storm	Match Play	Challenge players with their set-shot goal kicking at various angles and distances.
5	Handballing	Weme	Continuous Cricket	Match Play	Handball accuracy! Players are challenged to hit stationary and moving targets.
6	Marking	Ruckman's treasure	Rapid Fire	Match Play	Explore different ways to kick and mark the ball.
7	Kicking	Sink the Ship	Circle Bombardment	Match Play	Encourage exploration and adaptability in kicking at a target with pressure.
8	Ground Balls	Footy Tag	Groundball Mania	Match Play	Practise how to gather the football off the ground in a variety of scenarios.
9	Marking	Escape the Chaos	Scout	Match Play	Practise taking different types of marks on the run and against defenders.
10	Handballing	Challenge Handball	Base Attack	Match Play	Learn to release a handball and run to receive the next handball.

This session timetable is a guide only. All timings and activities are interchangeable and can be adapted based on ability.