

# NAB AFL SUPERKICK PROGRAM STRUCTURE

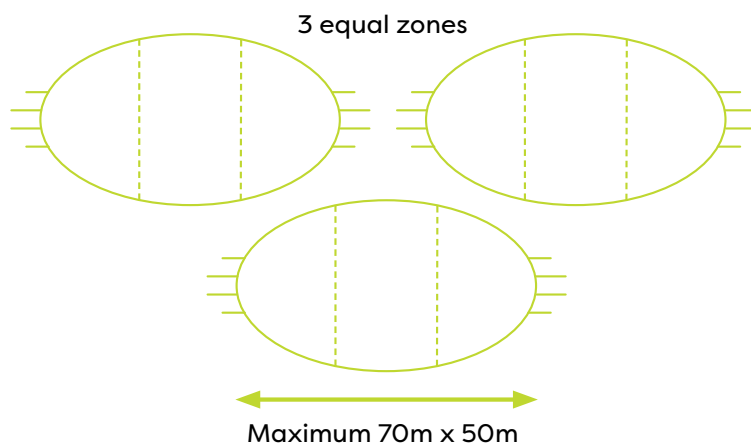


The NAB AFL Superkick program is split into three sections of fun! Energiser and Activator activities encourage participants to learn and develop their skills, followed by tackle-free, modified match play, as the program core.

Superkick programs have a maximum of 10 weeks duration and 60-minute session length. Coordinators may adapt their centre to suit their participants' needs.

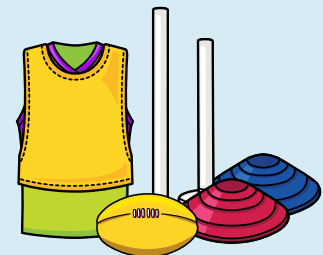
	DURATION	FOCUS	LEARNING
<b>ENERGISER</b>	Up to 8 minutes	Warm up, fun, play & movement	Connection & teamwork with peers
<b>ACTIVATOR</b>	Up to 8 minutes	Develop a coordinated movement (skill development) & perform in a variety of ways	Practice fundamental skills of football with focused repetitions & learn to adapt technique to different situations that transfer to match play
<b>MATCH PLAY</b>	45 minutes maximum	Explore the game of Australian rules football, developing skills through real life match play	Putting the fundamental skills into action in a match setting

## Optimal set up of a Superkick centre – Based off 54 participants



## Equipment

- 45 x size 2 footballs
- 3 x goal post kits
- 150 x coloured cones
- 30 x bibs
- 2 x football pumps
- 3 x football carry bags



DELIVERY	TIP
<b>Session Set up</b>	Ensure the entire session is set up prior to players arriving. Your layout may look different from the above (and that's okay). Utilise the space you have available as best you can. It is also okay to modify fields further.
<b>Activities</b>	For best possible space utilisation, activities may be set up inside of field and when ready to move to match play, simply remove all activity cones and replace with zone markings.
<b>Rotation</b>	Players should learn how to play all positions on the field; Defense, Midfield and Forwards. Players can be rotated every 10 minutes to ensure they are exposed to these positions.

REFER TO PROGRAM MODIFICATION FACT SHEET FOR ADDITIONAL TIPS