

# NAB AFL SUPERKICK PROGRAM MODIFICATIONS



**It is the role of the facilitator to support participation by identifying the needs of participants and adjust activities accordingly.**

This fact sheet aims to support volunteers in the delivery of Superkick programs, by providing a list of potential scenarios, paired with ready made solutions and tips to ensure maximum participant engagement.

SCENARIO	SOLUTION
<b>Activities are too easy or too hard for my group</b>	<ul style="list-style-type: none"> <li>Utilise the Change It Up or Supercharge sections within each activity card</li> <li>Review additional activities on the Activity landing page</li> </ul>
<b>I don't have enough girls for an All-Girls group</b>	<ul style="list-style-type: none"> <li>Run combined activities, then separate an all-girl group for match play</li> <li>Split the match into two zones and have all girls in one zone</li> <li>Play 3v3, or 4v4 on a smaller field. You can incorporate a half court style if you feel this is the best option</li> <li>Pair participants from level 3 and 4 (if running) for match play, ensuring they have their own zones</li> </ul>
<b>Different group sizes</b>	<p><i>Too small - Example of 8 participants</i></p> <ul style="list-style-type: none"> <li>Modified the field to only 2 zones</li> <li>Play half court style (one big zone and one set of goals)</li> </ul> <p><i>Too large - Example group of 30 participants</i></p> <ul style="list-style-type: none"> <li>No group should be more than 18 players, as this negatively impacts experience, particularly for newer players</li> <li>Divide the group of 30, into smaller groups of 14 and 16 (even)</li> <li>Smaller group = more touches and higher engagement levels</li> </ul>
<b>I have a few individuals who vastly out experience others</b>	<ul style="list-style-type: none"> <li>Match like-for-like players for skill-based activities and play them against each other in matches, ensuring they are in the same zone</li> <li>Provide a challenge to participants, examples:                             <ul style="list-style-type: none"> <li>Use opposite foot/hands only</li> <li>How many other teammates can you involve?</li> </ul> </li> </ul>
<b>My group is very inexperienced</b>	<ul style="list-style-type: none"> <li>Allow more time for football specific skill activities (Activators) and reduce match play timings</li> <li>Set skill-based homework</li> </ul>
<b>One team is dominating match play</b>	<ul style="list-style-type: none"> <li>If one team is dominating, don't be afraid to change up the teams</li> <li>Place experienced players together in a zone against each other</li> <li>Jump in and help the non-dominating team</li> </ul>
<b>Ages of participants varies</b>	<ul style="list-style-type: none"> <li>Divide your groups by ages i.e. 7-9, 10-12</li> <li>Group similar aged participants together in activities and zones</li> <li>Recruit parents to help with umpiring or monitoring a match</li> </ul>
<b>Field space is limited</b>	<ul style="list-style-type: none"> <li>Set up the field first with no zones, then set up the activities inside boundary lines</li> <li>Try group rotations through activities, match scenarios and match play</li> </ul>
<b>Behavioral challenges</b>	<ul style="list-style-type: none"> <li>Utilise players as helpers i.e. show the kicking technique</li> <li>Encourage and support during activities - positive comments</li> <li>Talk to them to understand why they are misbehaving</li> <li>Speak to parents if required</li> </ul>