

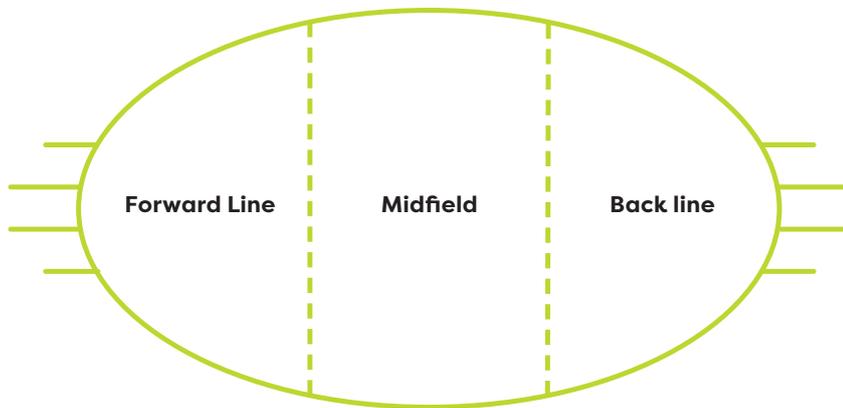
NAB AFL SUPERKICK TEACHING MATCH PLAY

LEVEL

3 4



MATCH PLAY



Level 3: 70m x 50m (max)

Level 4: 85m x 65m (max)

EQUIPMENT

- 1 football
- Goal posts
- Bibs
- Stack of cones
- 2-3 helpers per group



TIPS FOR SUCCESS

Focus on Enjoyment and Learning

- Create an engaging, inclusive environment where every child gets maximum touches of the football.
- Encourage and guide with positive, educational reinforcement.
- Continually reinforce teamwork and communication by promoting sharing of the football.

Match Setup and Flow

- Explain rules clearly before each game, then support and encourage during play.
- Keep instructions short and focused - start with tackle-free rules, zones, passing the football (by handball or kick), and marking.

Teams and Rotations

- Form mixed-ability teams and adjust during play for balance.
- Rotate positions each match so all players experience forward, centre, and defensive roles every week.

Learning over Umpiring

- Apply rules with flexibility and a focus on teaching, not penalising.
- Use umpiring moments to explain and educate - pause play briefly to highlight learning moments, then resume.

Facilitator Tips

- Use early sessions to gauge player experience levels.
- Set a simple match play goal each week to guide learning.

SET UP

- Recommended to set the field up before the program begins and use the space in the middle for the activities.
- Set up oval field in line with recommended dimensions and local space availability.
- 5 - 7 steps between goal posts.
- Step out zones end to end, ensuring they're even.
- Divide the group into two equal ability teams and ensure all participants are wearing a bib (both teams).
- All Girls groups or zones should always be activated ahead of time.
- Remind each player which zone they're playing in.
- Encourage 2-3 Support Crew/Helpers to join in and support a zone.

NAB AFL SUPERKICK MATCH PLAY RULES

LEVEL

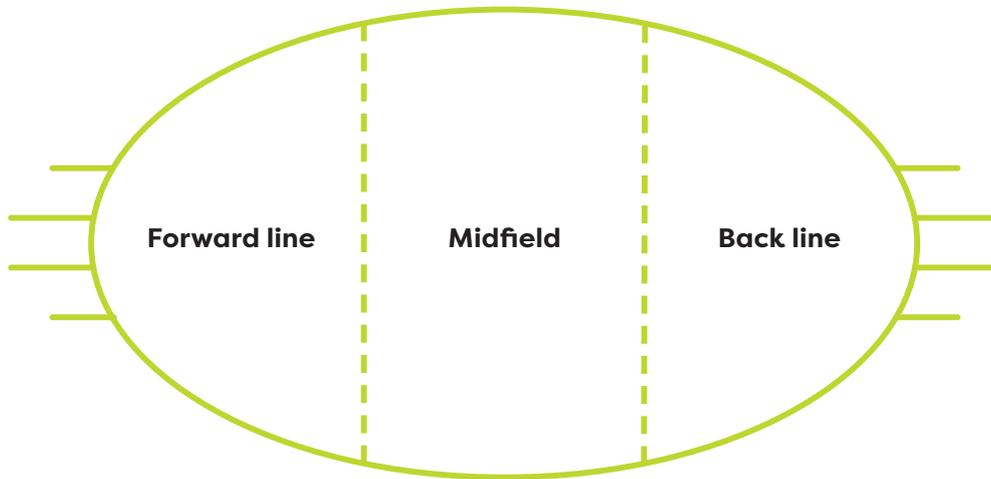
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MATCH PLAY RULES	LEVEL 3 (7-9)	LEVEL 4 (10-12)
Field Size	70m x 50m maximum	85m x 65m maximum
Match Time	30 minutes maximum	40 minutes maximum
Break times as per group engagement levels	Rotate players through every zone during this time	
	If groups require more skill-based work, matches can be shortened to accommodate.	
Ball Size	Synthetic Superkick Precision (size 2)	
Zones	Three equal zones - Players are to stay in their respective zone Players cannot kick over middle zone and are encouraged to pass the ball to teammates	
Group Size	Recommended 6 v 6	Recommended 9 v 9
	No interchange - if more than the above players, consider two matches	
Player Rotation	Players should be rotated to play every position on the field in every session	
Tackling	No tackling - Replaced by one handed tag/touch	
Holding the Ball	No holding the ball. Players encouraged to dispose in their own time	Holding the ball after three seconds of being tagged. Umpire to count three seconds outload once a player has been tagged
	Any distance, reasonable attempt	
Marking	Any distance, reasonable attempt	
Bouncing	Not allowed	
Kicking off the Ground	Not allowed	
Out of Bounds	By kick and hands - a kick is awarded to the opposite team	
Bumping, pushing, shepherding, smothering, spoiling, stealing the ball	Not allowed	
Disposal	Players may handball or kick the football. Throws are not allowed	
Scoring	Only players within the forward zone can score Restart of play after a goal - centre bounce or restart via kick from defensive zone line No scores are kept	
Support Crew	Support crew allowed on field. Roles include Umpire, Goal umpire, General field helper	
Other	Superkick has no premiership points/ladders/finals, no publishing of names or rep teams	

For further tips on how to deliver match play, check out the match play activity video at play.afl/superkick/activities

KEY TEACHING POINTS FOR ALL THREE MATCH POSITIONS



POSITION TIP

To avoid confusion of players, choose one – three of the below teaching points that you'd like players to focus on each session. Change these on a session-by-session cycle over the course of the program so all players learn all positions.

PLAYING AS A FORWARD

Often referred to as the forward line

1. Lead to Space – Run into open space so teammates can see and kick to you.
2. Call for the Ball – Use your voice and hands to show you want it.
3. Stay Goal Side – Keep yourself between your opponent and the goals.
4. Finish Strong – Focus on balance and follow through when kicking for goal.
5. Pressure the Ball – If you lose it, chase and tag straight away – don't give up.
6. Stay within your zone!

PLAYING AS A MIDFIELDER

Often referred to as the centre line

1. Win the Ball First – Run to where the football is and try and grab it first.
2. Look Before You Kick – Scan for teammates in better positions.
3. Spread and Support – Run to create space for your teammate to kick or handball to you.
4. Share the Footy – Use short kicks and handballs to involve teammates as much as possible.
5. Work Both Ways – Support your teammates in attack and defence.
6. Stay within your zone!

PLAYING AS A DEFENDER

Often referred to as the back line

1. Stay Goal Side of Your Opponent – Always protect the goals first.
2. Win the ball and Rebound – Win the ball but look for players who are free when looking to kick the football out of defence.
3. Talk Constantly – Use your voice to support your teammates and call for the ball.
4. Stick to Your Player – Don't ball-watch; know where your opponent is.
5. Celebrate Team Saves – Reward effort and teamwork, not just goals.
6. Stay within your zone!