

AFL PLAY

AFL |  
superkick



**YOUR GUIDE TO
THE PROGRAM**

WELCOME

Welcome to NAB AFL Superkick, the AFL's progression from NAB AFL Auskick.

Superkick is a football-based participation program, where all kids can build a passion for footy through the learning of match play.

The program aims to provide children aged 7-12 an inclusive, tackle-free experience focused on skill development and learning how to play the game of Australian Rules Football.

WHAT MAKES SUPERKICK, SUPER?

Superkick is designed for any child aged 7-12 years to help develop their footy skills, without the pressure. Superkick promises training and match play all in one session!



Structure

Each session has a mixture of skill games that cover evasion/invasion and football specific skills, before putting it all into action with up to 40 minutes of modified match play, depending on age and/or ability.



Tackle Free

One-handed tag replaces all forms of tackle, removing any pressure on participants, allowing them to develop at their own pace in an inclusive environment.

Game based

A modern approach to coaching sees Superkickers always on the move. Teams range from 6-9 players per side, so kids feel safe learning footy and building confidence, while still having fun with their friends.

One location, once a week

Programs run for approximately 10 weeks, with one session per week. Training and games are all in one location, making it easy for families and centres alike.

Whether graduating from NAB AFL Auskick, looking to build footy confidence, or brand new to Australian Football, participants can step into their footy era with NAB AFL Superkick!

AUSKICK & SUPERKICK EXPLAINED

	NAB AFL AUSKICK 4-12 years old* Core: Turning 5-7	NAB AFL SUPERKICK 7-12 years old Core: Turning 7-10
EXPERIENCE	<ul style="list-style-type: none"> » Learn: <ul style="list-style-type: none"> ◦ Fundamentals of movement ◦ Skills of the game » Basic + non footy related equipment » Structured on four activity squares » Intra-program progression 	<ul style="list-style-type: none"> » Learn: <ul style="list-style-type: none"> ◦ Skills of the game ◦ How to play the game ◦ Teamwork/communication skills » Footy specific structures and equipment » Tackle-free modified match play » Intra-program progression
EQUIPMENT & APPAREL	<ul style="list-style-type: none"> » Blue/Red apparel » Blue/Red bibs » Red Support crew vests » Orange footballs » Two posts as goal posts » Smaller activity squares and rectangle grid games 	<ul style="list-style-type: none"> » Purple/Black apparel » Purple/Green bibs » Blue Support crew vests » Yellow/Blue Precision footballs » Larger + full set of goals » Field of play signage » Larger activity areas and oval field of play

**Kids can join NAB AFL Auskick if they are turning 5 in the calendar year (before 30th June in WA).*



FOUR GUIDING PRINCIPLES

1

THE FIRST AND NEXT STEP

No matter their ability or previous experience, participants can feel welcome within the program and are in an environment that is conducive to their development needs.

2

USE THE GAME TO TEACH THE GAME

Superkick aims to maximise participation and fun through using a game sense and constraints-based approach to learning that is aligned to the three phases of the game: Attack, Defence, Contest.

This keeps the session active allowing kids to be on the move and practice multiple skills at once. Naturally promoting skill progression and deepening their understanding of Australian Rules Football.

3

MORE FOOTY = MAXIMUM FUN

No long lines and smaller groups support participants in touching the football more often during a session.

This leads to improved skills and confidence which is critical to support overall development and positive experiences.

4

CHANGE IT UP

The 'Change it Up' concept encourages facilitators to cater each session directly to the needs of participants, allowing them to learn and play the game effectively.

Continuous variation through scaling up and down the difficulty within an activity supports overall engagement and development (as opposed to constantly starting new activities).

ACKNOWLEDGEMENT OF COUNTRY

Hello Coordinators & Support Crew!

An Acknowledgement of Country is an opportunity to show respect to Traditional Owners by recognising the ongoing connection between Aboriginal and Torres Strait Islander people and their Country.

The AFL would love to see you incorporate an Acknowledgement of Country before your Superkick session each week.

An Acknowledgement of Country can be done by anyone, Indigenous or non-Indigenous, and there is no specific wording. The most important thing is to be sincere; think about the meaning of this protocol and do some research on the Country you are acknowledging. The AIATSIS Map of Indigenous Australia is a great place to start to better understand different Countries and Traditional Owners.

You may like to do the Acknowledgement or ask the kids to do this at the start of each week.

Here is an example of one for Coordinators/Facilitators:

"I would like to acknowledge the Traditional Owners of this country [Insert name of Traditional Owners], on which we play our great game, and pay our respects to them, their culture and Elders past and present."

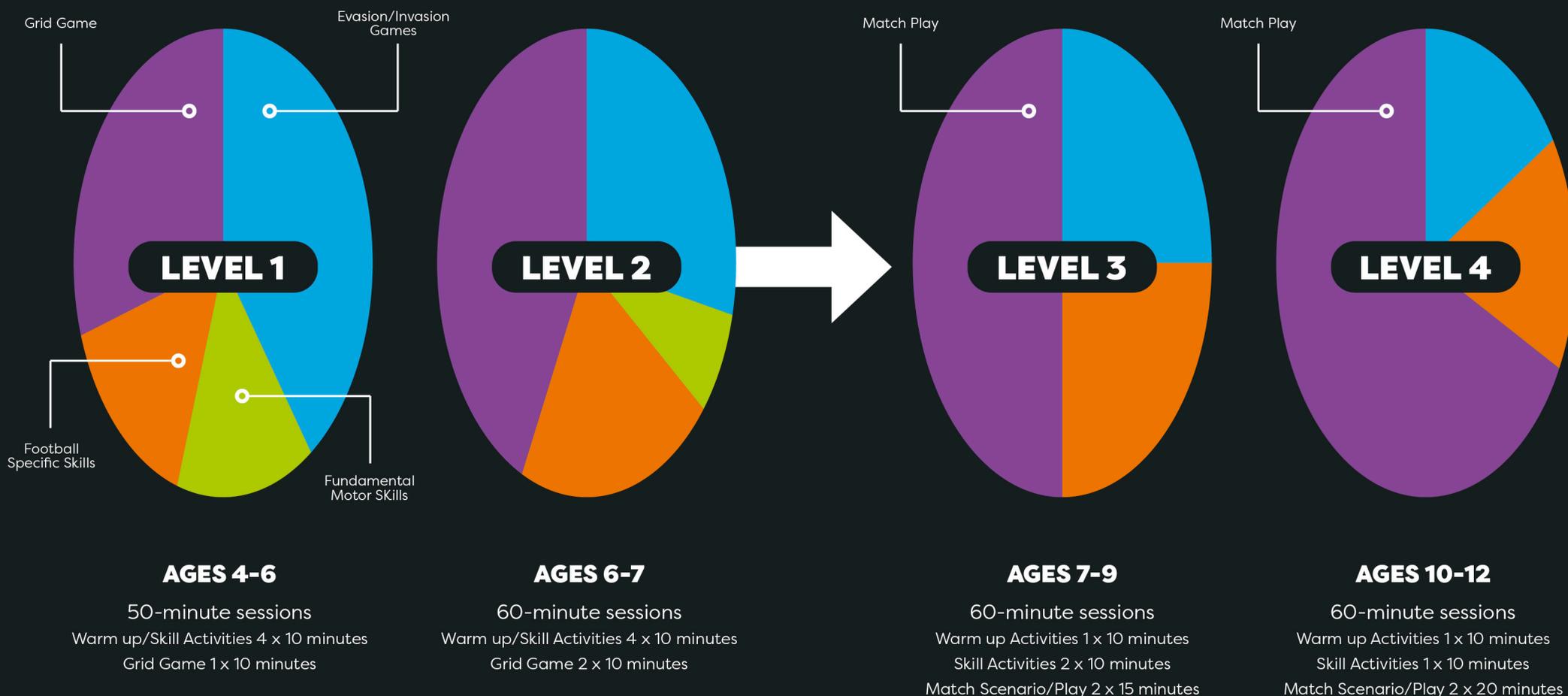
Or a fun repeat one to do with the players:

"Here is the land, here is the sky
Here are my friends and here am I.
Here we stand, football in hand
To respect and acknowledge
the traditional owners of this land,
[insert local indigenous country name]"



LEVELS OF PROGRESSION

Auskick and Superkick programs are based on four sequential levels, designed to be delivered over four (or more) years of participation. Each level aims to build on the previous, by adjusting the total time spent on the key activity types/skills that progress players from learning the basics through to preparing for the transition to Junior Football.



SESSION STRUCTURE

To ensure the program caters for age, ability and progression, all activities and match play rules are suitable regardless of previous experience. These activities can be further modified through 'Supercharging' the activity, or via the Change it Up concepts.

A 10-session program

A 10-session program has been designed to support centres in their delivery. For centres that run longer than 10 weeks, the base program can be supplemented with additional sessions. These might include themed sessions, special events or simply repeating selected sessions.

Session structure and activities

Within each Superkick level, the curriculum is split into three sections of fun. Energiser and Activator activities encourage participants to learn and develop their skills, followed by Match Scenarios, and tackle-free, modified Match Play.

Change it Up or Supercharge the activity

Each activity allows modifications to dial up or down the difficulty, depending on age and/or ability. Use the Change it Up or Supercharge sections of each activity card to do so.

You can find activity cards and videos online at play.afl/superkick/activities.

Learn how to play the game

Match play is at the core of the Superkick program. It's through modification of the rules and structures that we see a safe, inclusive and engaging environment to ultimately support all Superkickers to learn the game of Australian Rules Football.

THREE CORE ACTIVITY TYPES

ENERGISER	High energy, fun warm up to get the body moving
ACTIVATOR	Learn and practise the skills of the game
MATCH PLAY	Put skills into action, explore and learn how to play the game of Australian Rules Football through game-like scenarios and modified tackle free match play

Each session has a main and secondary football specific skill focus.

LEVEL 3 7-9 YRS	1	10 minute Energiser x 1 10 minutes
	2	10 minute Activator x 1 10 minutes
	3	15 minute Match Scenario/Play 15 minutes
	4	10 minute Activator x 1 10 minutes
	5	15 minute Match Play 15 minutes
	60 minutes x 10 sessions	
LEVEL 4 10-12 YRS	1	10 minute Energiser x 1 10 minutes
	2	20 minute Match Scenario/Play 20 minutes
	3	10 minute Activator x 1 10 minutes
	4	20 minute Match Play 20 minutes
	60 minutes x 10 sessions	

Superkicks unique design of changing between activities and match scenarios/match play allows facilitators to explore the groups areas of development and work on these in the same session.



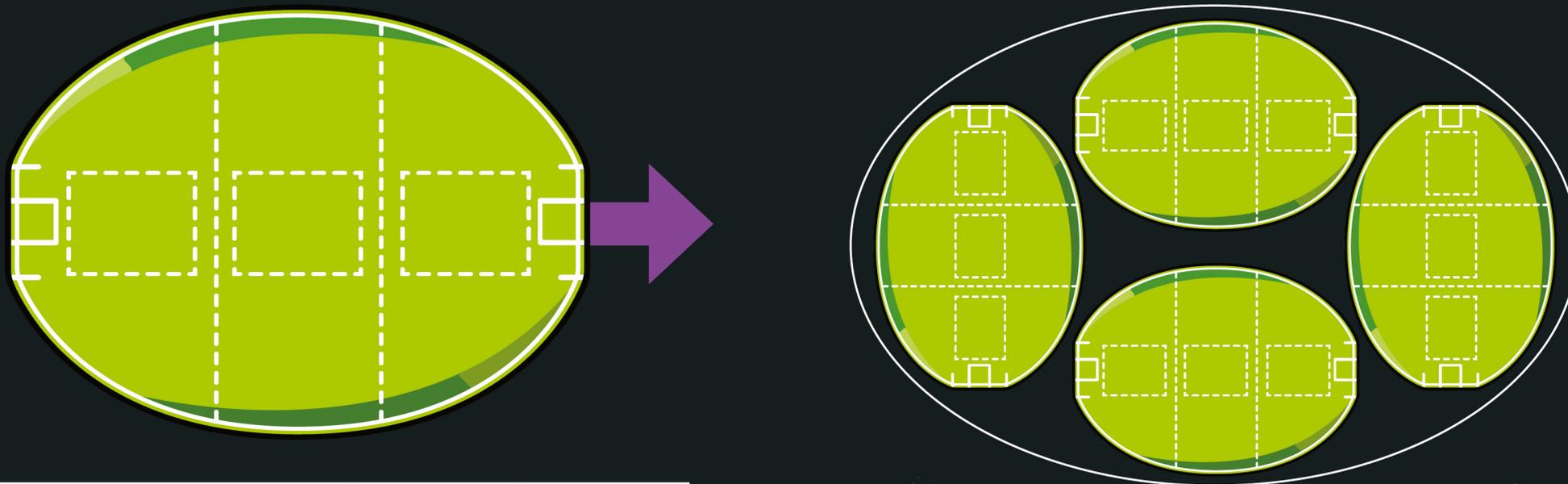
SESSION SET-UP

Setting up for Superkick is easy, just follow these key steps:

1. Use cones to build out as many modified fields as required, including three zones.
2. Within these zones, set up the session's energiser, activators and/or match scenario. This allows for easy rotation through activities.
3. When the group is ready to move to match play, simply pack up the activities and play across the whole modified field.
4. Use the end zones for activities that use goal posts. For larger activities consider using the entire zone.

Tips for a great session:

- » Activity videos/cards are your friend! Bookmark these wherever possible.
- » Arrive early and set up activities and fields before Superkickers arrive.
- » Keep groups aligned to the recommended number of participants.
- » Each activity group should be supervised by one adult (Support Crew).
- » Recommended set up is space dependent – should you have less space, modify your activities and layout to suit (your layout may look different from the below and that is okay!)
- » There are multiple ways you can further modify activities to suit the needs of participants. Refer to the Change it Up and Supercharge sections in the activity cards.



Recommended	Level 4	Level 5
Activity dimensions	20m x 20m	25m x 25m
Match play field dimensions	70m x 50m	85m x 65m
Size of group	10-12	12-18
Number of Superkickers per activity	12	2x9, or 1x18
Number of Superkickers per team in match play	6x6	9x9



MATCH PLAY TIPS

Level 3 = Two teams of 6
Level 4 = Two teams of 9
Two-Three Support Crew
(across three zones)

Goal posts

5-7 steps between goal posts.

Changing zones

Superkickers should experience playing in all positions, allowing them to attack, defend and contest the ball all over the field.

Consider changing zones every 5-10 minutes.

Change it Up/Modify

Use the first session to understand participants previous experience levels and ensure that you're modifying to suit their needs.

Don't be afraid to change teams up if a team is dominating.

Support Crew

Parents/Guardians should be encouraged from week one to get involved via umpiring or being a general helper on field.

Focus on enjoyment

Your role is to provide the best learning and enriching experience, ensuring every child touches the football as many times as possible.

Learning vs Umpiring

Rule adjudication should not necessarily be black and white.

When umpiring matches, an educational/learning lens should be applied. This promotes a healthy and positive learning environment for all.

Bring them in

Before matches explain the rules. Continue to demonstrate/educate during match play.

All Girls groups

All Girls groups and zones should be activated whenever possible.

MATCH PLAY RULES

Rules and additional tips on modifying matches can be found at play.afl/superkick.

ALL GIRLS OPTIONS AT NAB AFL SUPERKICK

Girls deserve a welcoming experience when participating in sport.

When girls feel a sense of belonging, they develop a positive connection. When they are given these opportunities they can flourish.

To read our All-Girls Coordinator Toolkit, including what our research says about girls' participation visit play.afl/play/superkick/coordinator-hub.

What Does All-Girls Superkick Look Like?

Quite simply, an All-Girls Superkick offering, is offering a group at your existing Superkick Centre just for Girls. The sessions they participate in look exactly the same as any other Superkick group.

Through offering All Girls groups, you are providing:

- » An opportunity for a girl to participate with other girls in a safe environment.
- » The chance to learn the skills of the game at their pace.
- » A fun, inviting experience.
- » An experience to positively impact girls that otherwise wouldn't participate in Superkick.

We understand that not all girls want to participate in All-Girls groups, so mixed groups will of course continue to exist in all Superkick Centres, and participants should be able to choose which is the right fit for them.

The NAB AFL Superkick program aims to provide participants with a safe and welcoming environment, ensuring that whether it's the first or next step in their footy journey, the experience is a positive one. The program focuses on maximising participation and fun, while also teaching the key skills of Australian Football.

At the heart of Superkick is tackle-free match play, where participants put their skills into action in modified games tailored to their age and experience level. The Superkick program offers another way to play, encouraging both new and existing players to get involved in our game.

Richie Lyons
Head of Participation, AFL

play



AFL | **Superkick**



[play.afl/superkick](https://play.afl.com.au/superkick)

To find further resources to support your Superkick centre, visit the website above, or contact your local AFL representative or our Customer Service team at nab.superkick@afl.com.au