

NAB AFL Auskick Support Tool



BLIND/LOW VISION

CONSIDERATIONS

Before you even begin your Auskick session it is good to consider the following:

- Prioritise auditory and tactile cues to support orientation and participation.
- Provide clear, descriptive verbal instructions (direction, distance, movement).
- Use consistent field/set-up layouts to build familiarity.
- Minimise hazards and ensure safe, clearly defined spaces.
- Encourage peer, coach or carer support where required.
- Do you have speciality equipment such as bells & whistles and Blind specific Footballs for your program?

ACTIVITY	MODIFICATIONS
<u>Angry Ogre</u>	<ul style="list-style-type: none">• Use a whistle, bell, or verbal cues to communicate the Ogre's position and movements.• Clearly describe when the Ogre is turning or facing participants.• Use flat cones or markers to define safe standing positions.
<u>Around the World</u>	<ul style="list-style-type: none">• Simplify the activity by reducing the number of stations or tasks.• Provide clear, step-by-step verbal instructions at each station.• Ensure a coach, carer, or peer is available to assist with navigation between activities.
<u>Coast to Coast</u>	<ul style="list-style-type: none">• Position participants alongside supportive peers for guidance.• Use flat cones or tactile markers to define starting positions.• Place a bell or rattle behind goals to provide an auditory target.• Reinforce directional movement using consistent verbal cues (e.g. "left", "right", "straight ahead").
<u>Collect the Coins</u>	<ul style="list-style-type: none">• Use high-contrast or brightly coloured cones where appropriate.• Remove colours that may be difficult for participants to distinguish.• Use flat cones to reduce tripping hazards.• Provide auditory cues (e.g. clapping, bell) to assist with locating targets if required.

ACTIVITY	MODIFICATIONS
<p><u>Cool Kicks</u></p>	<ul style="list-style-type: none"> • Ensure the coach/carer understands individual participant needs. • Use a bell, shaker, or verbal cue to indicate the direction of the kick. • Provide hands-on guidance where appropriate to support technique.
<p><u>Footy Magic Tricks</u></p>	<ul style="list-style-type: none"> • Keep activities simple and break skills into small steps. • Use clear, descriptive language to explain movements and positioning. • Allow participants to feel or be guided through the motion where appropriate.
<p><u>Footy Ninja</u></p>	<ul style="list-style-type: none"> • Clearly define the playing area using cones or boundary markers. • Use flat cones to minimise tripping hazards. • Increase activity space where required to reduce collisions. • Use consistent auditory cues to indicate start/stop and movement.
<p><u>Footy Racetracks</u></p>	<ul style="list-style-type: none"> • Provide a guided walkthrough of the course prior to starting. • Use consistent markers to define the route. • Group participants with supportive peers or guides. • Consider starting with a softer ball to build confidence and reduce risk.
<p><u>Goal Master</u></p>	<ul style="list-style-type: none"> • Provide instruction and support on kicking technique prior to the activity. • Use flat cones to ensure a safe environment. • Position a partner/coach behind the goals using a bell or shaker to create an auditory target.
<p><u>Handball Heroes</u></p>	<ul style="list-style-type: none"> • Provide a coach/helper/guardian to support understanding and positioning. • Use clear verbal cues to guide handball direction and distance. • Start with a softer ball where appropriate to build confidence and skill.
<p><u>Mad Marks</u></p>	<ul style="list-style-type: none"> • Ensure the coach/carer understands individual participant needs. • Use soft, brightly coloured or high-contrast balls to improve visibility and confidence. • Allow sufficient space between participants to reduce the risk of collisions. • Provide clear verbal cues when the ball is being passed or marked

ACTIVITY	MODIFICATIONS
<p><u>Here, There & Everywhere</u></p>	<ul style="list-style-type: none"> • Modify to smaller-sided games to reduce complexity and improve engagement. • Use a bell, shaker, or caller behind goals to provide an auditory target. • Use a brightly coloured or high-contrast ball to support visibility. • Reinforce positioning and movement through consistent verbal communication.
<p><u>Mini Matches</u></p>	<ul style="list-style-type: none"> • Modify to smaller-sided games to reduce complexity and improve engagement. • Use a bell, shaker, or caller behind goals to provide an auditory target. • Use a brightly coloured or high-contrast ball to support visibility. • Reinforce positioning and movement through consistent verbal communication.
<p><u>Over the Giant</u></p>	<ul style="list-style-type: none"> • Use a brightly coloured/high-contrast ball (e.g. yellow or orange). • Position a caller or coach on the opposite side to provide an audible target. • Use a bell or shaker to reinforce goal/target location if required. • Maintain a consistent throwing direction to support spatial awareness and learning
<p><u>Ruckman's Treasure</u></p>	<ul style="list-style-type: none"> • Reduce the size of the playing area to improve safety and navigation. • Provide simple, consistent verbal instructions and directional cues. • Allow participants to start closer to the target ("treasure") to build confidence. • Pair participants with a buddy, coach, or caller for guidance and support.
<p><u>Super Boot</u></p>	<ul style="list-style-type: none"> • Place a bell, rattle, or caller behind the goal/target to provide an auditory focus. • Clearly define the kicking area using flat cones or tactile markers. • Use consistent verbal cues (e.g. "straight ahead", "left/right adjustment") to guide accuracy.

Example of what a session plan could look like:

WEEK 1		
Introduction	5 Minutes	Introduce coaches, helpers and allow participants to Introduce themselves
Warm Up	10 Minutes	Angry Ogre
Skills Activity (Marking)	10 - 15 Minutes	Mad Marks
Skills Activity (Kicking)	10- 15 Minutes	Super Boot
Fun Finish	10 Minutes	Collect the Coins

WEEK 2		
Introduction	5 Minutes	Introduce coaches, helpers and allow participants to Introduce themselves
Warm Up	10 Minutes	Around the World
Skills Activity (Handballing)	10 - 15 Minutes	Handball Heroes
Skills Activity (Kicking)	10- 15 Minutes	Kick the Sticks
Fun Finish	10 Minutes	Coast to Coast