

# NAB AFL Auskick Support Tool



DEAF/HARD OF HEARING

## CONSIDERATIONS

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

- How will you communicate with your participants (e.g interpreter, Auslan or microphone).
- Where is your session located, noting loud environments are less than ideal for these sessions.
- How many participants are involved in the session?
- Is it a stand alone centre, side by side or integrated?
- Do you have speciality equipment such as flags or other visual aids to communicate in other ways?

ACTIVITY	MODIFICATIONS
<b><u>Angry Ogre</u></b>	<ul style="list-style-type: none"><li>• Ensure all participants can clearly see the “Ogre” at all times.</li><li>• Use an additional coach/helper to visually indicate who restarts.</li><li>• Use gestures, pointing, or Auslan instead of verbal cues.</li></ul>
<b><u>Around the World</u></b>	<ul style="list-style-type: none"><li>• Use an interpreter or Auslan to explain the activity where required.</li><li>• Reduce the number of stations to avoid overwhelming participants.</li><li>• Have coaches demonstrate the full course visually before starting.</li></ul>
<b><u>Coast to Coast</u></b>	<ul style="list-style-type: none"><li>• Support participants to remain on their cones/positions using visual guidance.</li><li>• Keep instructions short and reinforce with demonstrations and visual aids.</li></ul>
<b><u>Collect the Coins</u></b>	<ul style="list-style-type: none"><li>• Ensure each group has a dedicated coach/helper.</li><li>• Allocate one colour per group to reduce confusion.</li><li>• Position a coach near goals/targets to visually guide participants and maintain safety.</li></ul>
<b><u>Cool Kicks</u></b>	<ul style="list-style-type: none"><li>• Provide clear visual demonstrations of kicking technique.</li><li>• Pair participants with a coach/helper/parent for support.</li><li>• Use flags or visual signals to indicate the end/start of activity instead of whistles.</li></ul>

ACTIVITY	MODIFICATIONS
<b><u>Footy Magic Tricks</u></b>	<ul style="list-style-type: none"><li>• Demonstrate all movements (e.g. jumping, hopping, skipping).</li><li>• Use visual signals (flags/gestures) to start and stop activities.</li><li>• Keep activities simple and easy to follow.</li></ul>
<b><u>Footy Ninja</u></b>	<ul style="list-style-type: none"><li>• Demonstrate all activities visually and use an interpreter if required.</li><li>• Keep the playing area small and contained.</li><li>• Simplify rules and maintain clear structure.</li></ul>
<b><u>Footy Racetracks</u></b>	<ul style="list-style-type: none"><li>• Use parent/guardian support to help guide participants.</li><li>• Use visual cues (flags, hand signals) to indicate transitions between activities.</li></ul>
<b><u>Goal Master</u></b>	<ul style="list-style-type: none"><li>• Pair participants with others they can communicate with effectively.</li><li>• Use coloured cones to clearly define each pair's area.</li><li>• Set up multiple goal areas to reduce congestion and overwhelm.</li></ul>
<b><u>Handball Heroes</u></b>	<ul style="list-style-type: none"><li>• Use cones to clearly mark positions and spacing.</li><li>• Use visual stop/start signals rather than verbal cues.</li><li>• Aim for high coach-to-participant support where possible.</li></ul>
<b><u>Here, There &amp; Everywhere</u></b>	<ul style="list-style-type: none"><li>• Combine verbal cues with clear visual signals (e.g. flags, pointing).</li><li>• Demonstrate all movements (e.g. skipping) before starting.</li></ul>

ACTIVITY	MODIFICATIONS
<b><u>Kick the Sticks</u></b>	<ul style="list-style-type: none"><li>• Set up multiple stations (2-3) to reduce crowding.</li><li>• Use visual cues to signal when to stop/start kicking.</li></ul>
<b><u>Mad Marks</u></b>	<ul style="list-style-type: none"><li>• Provide clear visual demonstration of marking technique.</li><li>• Use different balls to suit ability levels.</li><li>• Increase coach/parent support where needed.</li></ul>
<b><u>Mini Matches</u></b>	<ul style="list-style-type: none"><li>• Build the game gradually (e.g. start with handball-only games).</li><li>• Introduce zones to reduce congestion and improve understanding.</li><li>• Consider delaying full games until participants are confident with communication and structure.</li></ul>
<b><u>Over the Giant</u></b>	<ul style="list-style-type: none"><li>• Use cones to clearly define positions.</li><li>• Keep groups small for better communication and visibility.</li><li>• Position a coach/parent behind goals to assist with ball retrieval and guidance.</li></ul>
<b><u>Ruckman's Treasure</u></b>	<ul style="list-style-type: none"><li>• Begin without a "Ruckman" to allow participants to learn the activity.</li><li>• Allocate a coach/carer per group to support communication.</li><li>• Gradually increase complexity only when participants are confident</li></ul>
<b><u>Super Boot</u></b>	<ul style="list-style-type: none"><li>• Use visual cues alongside verbal instructions to signal when to kick.</li><li>• Use cones to define starting points and targets.</li><li>• Position additional coaches/parents to assist with ball retrieval and guidance.</li></ul>

# Example of what a session plan could look like:

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

<b>WEEK 2</b>		
<b>Introduction</b>	5 Minutes	Introduce coaches, helpers and allow participants to Introduce themselves
<b>Warm Up</b>	10 Minutes	<a href="#">Around the World</a>
<b>Skills Activity (Handballing)</b>	10 - 15 Minutes	<a href="#">Handball Heroes</a>
<b>Skills Activity (Kicking)</b>	10- 15 Minutes	<a href="#">Kick the Sticks</a>
<b>Fun Finish</b>	10 Minutes	<a href="#">Coast to Coast</a>