NAB AFL SUPERKICK 10 WEEK CURRICULUM

	Activity	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8	Session 9	Session 10
LEVEL 3	Skill focus	Kicking Handballing	Ground balls Kicking	Handballing Ground balls	Goal kicking Handballing	Multi	Kicking Handballing	Ground balls Kicking	Handballing Ground balls	Goal kicking Handballing	Multi
	Energiser	Sink the Ship	Heist and Deliver	Weme	Goal Storm	Tags and Tails	Sink the Ship	Heist and Deliver	Weme	Goal Storm	Tags and Tails
	Activator	Paired Skills	Footy Raiders	Maze Runner	Rocket Relay	Island to Island	Paired Skills	Footy Raiders	Maze Runner	Rocket Relay	Island to Island
	Match Play/ Scenario	Match Scenario	Match Scenario	Match Scenario	Match Scenario	Match Scenario	Match Play	Match Play	Match Play	Match Play	Match Play
	Activator	Base Attack	Lightning Quick	Pulyugge	Triple Threat	End to End	Base Attack	Lightning Quick	Pulyugge	Triple Threat	End to End
	Match play	Match Play	Match Play	Match Play	Match Play	Match Play	Match Play	Match Play	Match Play	Match Play	Match Play

	Activity	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7	Session 8	Session 9	Session 10
LEVEL 4	Skill focus	Kicking Handballing	Ground balls Kicking	Handballing Ground balls	Goal kicking Handballing	Multi	Kicking Handballing	Ground balls Kicking	Handballing Ground balls	Goal kicking Handballing	Multi
	Energiser	Meteor Strike	Heist and Deliver	Weme	Goal Storm	Keentan	Meteor Strike	Heist and Deliver	Weme	Goal Storm	Keentan
	Match Play/ Scenario	Match Scenario	Match Scenario	Match Scenario	Match Play	Match Play	Match Play	Match Play	Match Play	Match Play	Match Play
	Activator	Scout	Paired Skills	Pulyugge	Triple Threat	Base Attack	Scout	Paired Skills	Pulyugge	Triple Threat	Base Attack
	Match Play	Match Play	Match Play	Match Play	Match Play	Match Play	Match Play	Match Play	Match Play	Match Play	Match Play

This session timetable is a guide only. All timings and activities are interchangeable and can be adapted based on ability using Change it Up and Supercharge sections within each activity card.

How to deliver videos and additional activities can be found on the Activities landing page. Marking skill integrated within each session.