



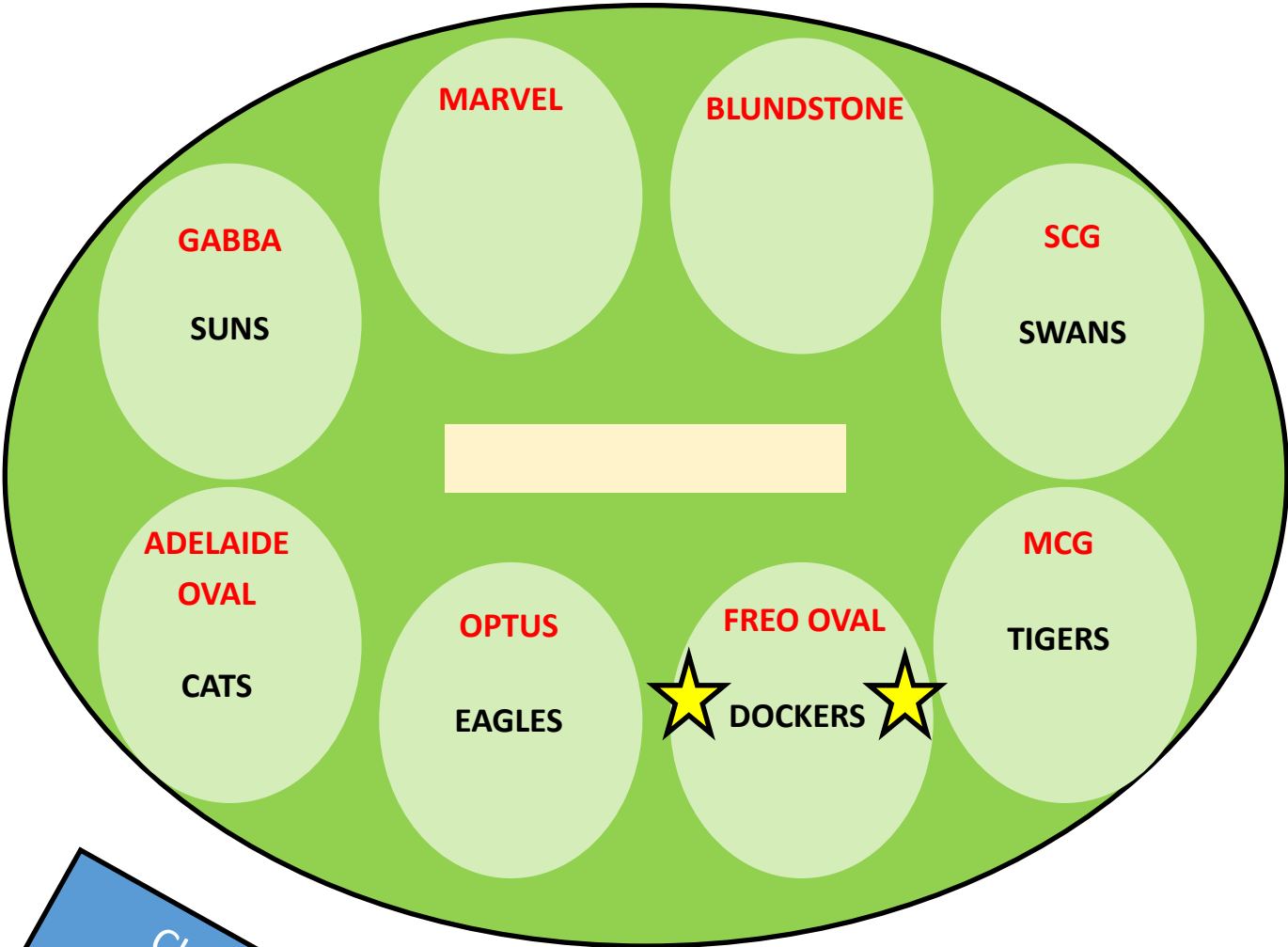
Team Folder

DOCKERS S1



AUSKICK TEAM LOCATIONS

ENTRY/
EXIT GATE



SESSION ACTIVITIES

Activity	Time (total 50 mins)	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7	Round 8	Round 9
Warm Up (8.30-8.35)	5 mins	Pick Your Own	Pick Your Own	Pick Your Own	Pick Your Own	Pick Your Own	Pick Your Own	Pick Your Own	Pick Your Own
Footy Skills (8.35-8.45)	10 mins	Bounce a Football	Grab a Football	Kick a Footy	Handball Skills	Overhead Mark	Bounce a Football	Grab a Football	Chest Mark
Auskick Activity 1 (8.45-8.50)	5 mins	Around the World	Footy Ninja	Footy Magic Tricks	Footy Ninja	Around the World	Footy Magic Tricks	Footy Ninja	Around the World
Auskick Activity 2 (8.50-8.55)	5 mins	Handball Heroes	Super Boot	Mad Marks	Angry Ogre	Kick the Stick	Race Track	Over the Giant	Race Track
Auskick Activity 3 (8.55-9.00)	5 mins	Ruckman's Treasure	Ruckman's Treasure	Coast to Coast	Handball Heroes	Footy Harvest	Ruckman's Treasure	Coast to Coast	Over the Giant
Auskick Activity 4 (9:00-9.05)	5 mins	Here, There, Everywhere	Angry Ogre	Here, There, Everywhere	Sharks and Islands	Angry Ogre	Here, There, Everywhere	Sharks and Islands	Super Boot
Match (9:05- 9.20)	2x 7.5 min halves. Awards after	See Fixtures	See Fixtures	See Fixtures	See Fixtures	See Fixtures	See Fixtures	See Fixtures	See Fixtures



2022 AUSKICK FIXTURES

Session 1 (Kindy/Pre-Primary)

Game 9.05am-9.20am

Round 2	
Eagles v Dockers	Optus
Tigers v Swans	MCG
Suns v Cats	GABBA

Round 3	
Dockers v Tigers	Freo
Cats v Eagles	Adelaide Oval
Swans v Suns	SCG

Round 4	
Eagles v Swans	Optus
Tigers v Cats	MCG
Suns v Dockers	GABBA

Round 5	
Eagles v Suns	Freo
Tigers v Suns	Adelaide
Dockers v Cats	SCG

Round 6	
Eagles v Tigers	Optus
Swans v Dockers	MCG
Cats v Suns	GABBA

Round 7	
Swans v Cats	Freo
Tigers v Suns	Adelaide
Docks v Eagles	SCG

Round 8	
Dockers v Tigers	Optus
Cats v Eagles	MCG
Swans v Suns	GABBA

Round 9	
Eagles v Suns	Freo
Tigers v Cats	Adelaide
Suns v Dockers	SCG



Skills & Drills



How to Bounce

Teach NAB AFL Auskickers how to bounce a football by following these simple steps!

1. Grip the ball

Start by having each Auskicker hold the football slightly on the laces with their dominant hand.

2. Step-forward

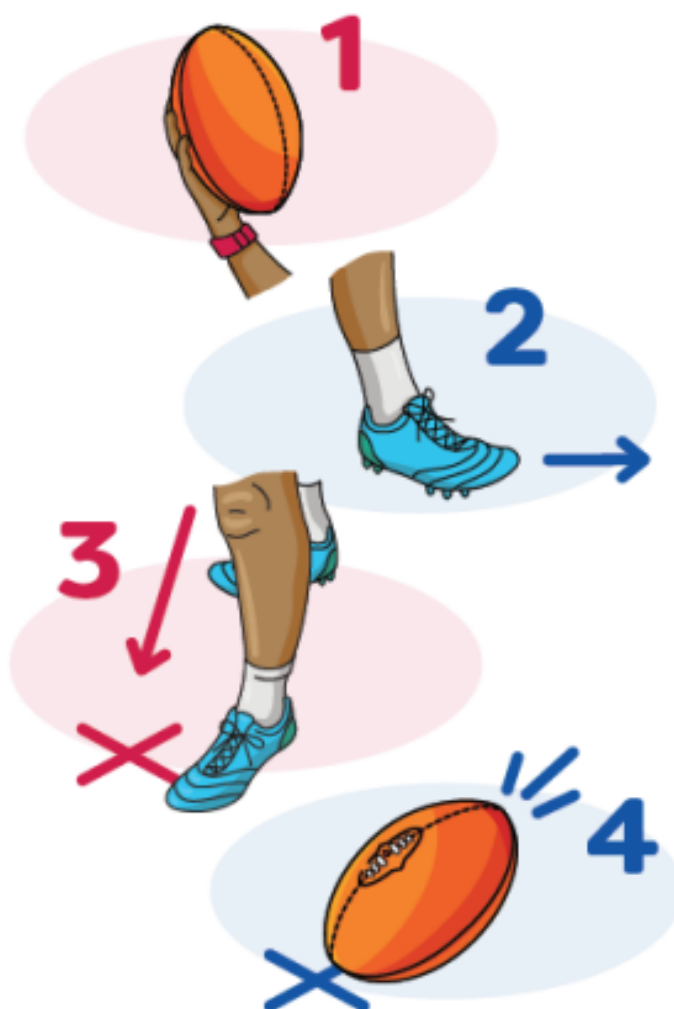
Each Auskicker is to step forward with their opposite foot from their dominant hand.

3. Aim in front

Aim the ball in the front of the body to make it easier to catch when moving forward.

4. Push the ball down

Have the Auskickers push the ball down as they step forward with their preferred hand. The ball should be pushed far enough in front of the Auskicker so the ball bounces back in their hand as they run forward.



NAB AFL AUSKICK SKILLS & DRILLS

How to Bounce

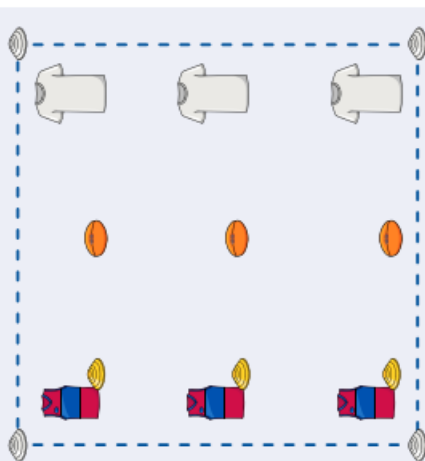
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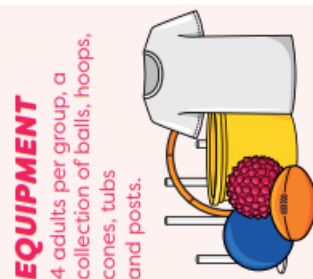
HANDBALL HEROES

LVL 1 2 3



HOW TO PLAY

- 1 Auskickers race forward, pick up the ball and hand it to the adult. They then run around the adult, receive the ball back and return it to the middle as they make their way back to their starting cone. Do this a few times!
- 2 Auskickers then progress to throwing or handballing the football to the adult once they've picked it up. Followed by running around the adult and back to the cone.
- 3 The adult can even roll the ball to the Auskicker, which they then run and pick up and handball it back.
- 4 After a bit the Auskicker and adult can handball the football back and forth!



EQUIPMENT

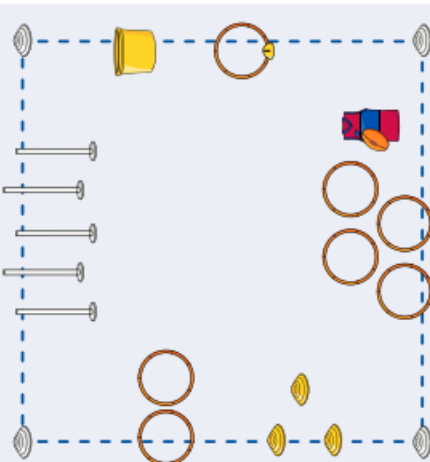
4 adults per group, a collection of balls, hoops, cones, tubs and posts.

SET-UP

Set up an obstacle course. Set it out as an imaginative cool course utilizing a variety of equipment for maximum fun!
Every Auskicker uses a ball of their choice.

CHANGE IT UP

- Try making the activity a race!
- Change the way everyone moves their body around each section (e.g. instead of running they hop, skip or jump etc.).
- You can even change the direction.



HOW TO PLAY

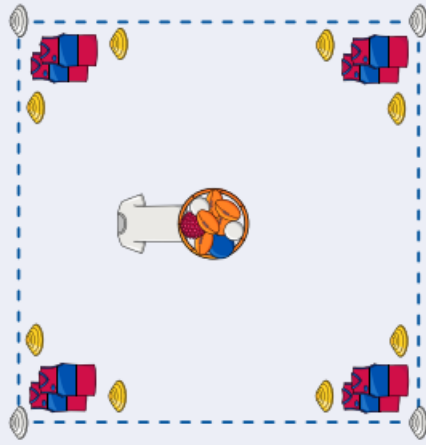
- 1 Step through your course so the Auskickers can see what to do. Now it's their turn!
- An example of the course might be:
- Four hoops to hop through on alternate legs;
 - Three cones to tap the ball around with using two hands;
 - Two hoops to bounce the ball;
 - Posts to weave in and out of;
 - One hoop on a stand to throw the ball through before collecting it, and;
 - A tub to throw the ball into.

RUCKMAN'S TREASURE

LVL 1 2

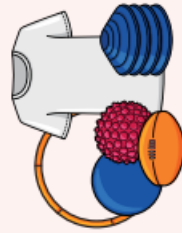
HERE, THERE, EVERYWHERE

LVL 1



EQUIPMENT

A collection of balls, 4 cones, 1 hoop and at least 1 adult.



SET-UP

Place two cones on each corner of the activity square.

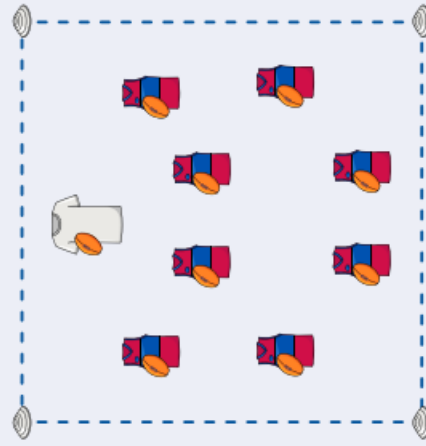
Place a hoop in the middle and all the balls inside the hoop. This is the Ruckman's Treasure!

HOW TO PLAY

- 1 On "Go!" one Auskicker from each group tries to steal a ball from the "Ruckman's Treasure" and run it back to their team without being caught.
- 2 After the first Auskicker has made it back, the next team mate has a go!
- 3 The Ruckman stops balls from being stolen by tagging the Auskicker while they are holding the ball. The ball goes back in the hoop and the tagged Auskicker returns to their team.
- 4 If the centre hoop is empty, Auskickers start stealing balls from other groups. If they get tagged by an opponent while holding a ball, they return that ball back to the centre hoop.

CHANGE IT UP

- Have players bounce the ball as they run.
- When grabbing a ball from the centre hoop or stealing the ball from rival groups, Auskickers can try rolling, handballing or kicking the ball back to their group.



EQUIPMENT

1 football per Auskicker and 1 adult per group.



SET-UP

Spread out the Auskickers within the playing area.

HOW TO PLAY

Auskickers run in certain directions depending on the word you shout:

"Here" means Auskickers sprint towards you.

"There" means Auskickers run in the direction you're pointing.

"Everywhere" means Auskickers can move wherever they want inside the playing area.

"Nowhere" means Auskickers have to stand still on the spot and handball the football to themselves.

Let the Auskickers know their movement! E.g. "Ok, skipping now, skipping everywhere!"

CHANGE IT UP

- Come up with other new actions to go with each word. For instance, "Nowhere" could mean the Auskickers lie down using the footballs as pillows.
- Try tricking Auskickers with double-ups! But don't be predictable by using patterns so they won't know what's next!

Skills & Drills



How to Grab a Ground Ball

Teach NAB AFL Auskickers how to grab a ground ball by following these simple steps!

1. Low stance, get low

Ask the Auskickers to approach the ball with a low sideways stance, with their body behind the ball. Then, get nice and low!



2. Pick up the ball with both hands

Pick up the ball with two hands. Fingers should almost be touching the ground, palms facing towards the ball.



NAB AFL AUSKICK SKILLS & DRILLS

How to Grab a Ground Ball

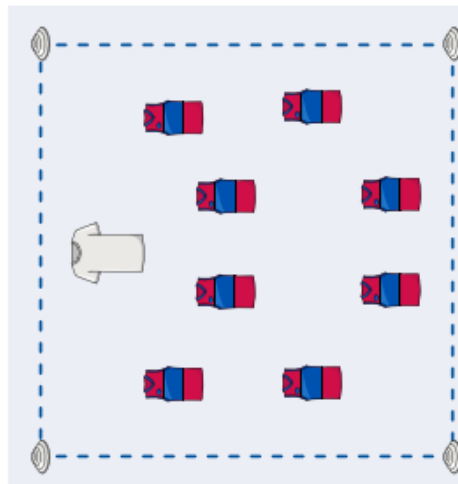
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FOOTY NINJA

LVL 1



HOW TO PLAY

- 1 Ask the Auskickers to raise their hands above their heads then touch their toes. Then try all sorts of movements like:
 - Balancing on one leg, then touching their nose;
 - Leg kicks, running, knee lifts;
 - Standing on tip toes;
 - Hopping;
 - Spinning on the spot;
 - Leaping for a mark;
 - Landing on different feet;
 - Dodging, pivoting, weaving, jumping and twisting.

EQUIPMENT

1 adult per group.



SET-UP

Auskickers spread out on the playing area.

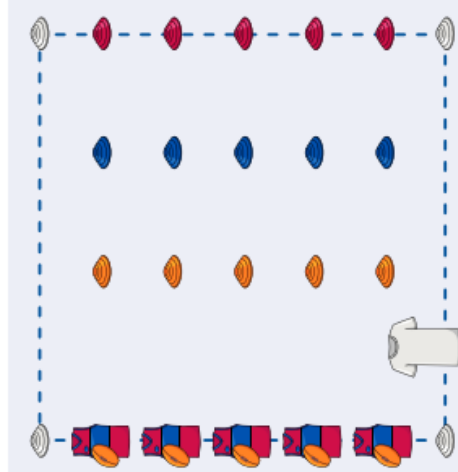
CHANGE IT UP

The sky is the limit to mixing it up! Add any instructions you can think of.



SUPER BOOT

LVL 1 2



HOW TO PLAY

- 1 When you say "Go", all the players kick for the six-point zone. Then on your call, they run and pick up the ball, and return to the kicking line to try again.
- 2 Then try calling out different zones for players to aim for.
- 3 Remember to emphasise kicking technique!

EQUIPMENT

1 football per Auskicker, a stack of cones in two or three colours and 1 adult per group.



SET-UP

Divide the playing area into three zones using the different coloured cones. Line the players up on the edge of the playing area. The zone furthest from the players is the 'Six Point Zone'. The middle zone is worth three points and the closest is worth one point.

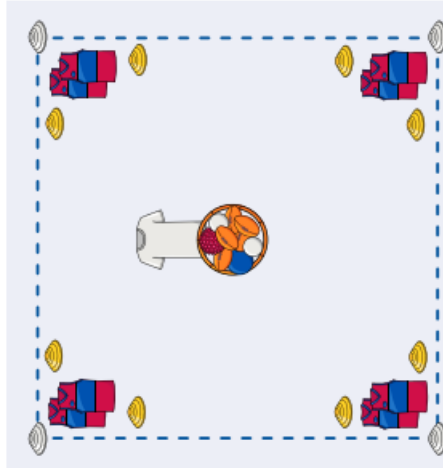
CHANGE IT UP

Try taking a running bounce before kicking, or kicking with different types of balls.



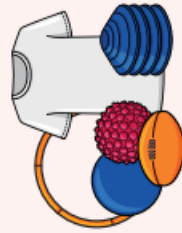
RUCKMAN'S TREASURE

LVL 12



EQUIPMENT

A collection of balls,
4 cones, 1 hoop and at
least 1 adult.



SET-UP

Place two cones on each
corner of the activity
square.

Place a hoop in the
middle and all the balls
inside the hoop. This is
the Ruckman's Treasure!

HOW TO PLAY

- 1 On "Go!" one Auskicker from each group tries to steal a ball from the "Ruckman's Treasure" and run it back to their team without being caught.
- 2 After the first Auskicker has made it back, the next team mate has a go!
- 3 The Ruckman stops balls from being stolen by tagging the Auskicker while they are holding the ball. The ball goes back in the hoop and the tagged Auskicker returns to their team.
- 4 If the centre hoop is empty, Auskickers start stealing balls from other groups. If they get tagged by an opponent while holding a ball, they return that ball back to the centre hoop.

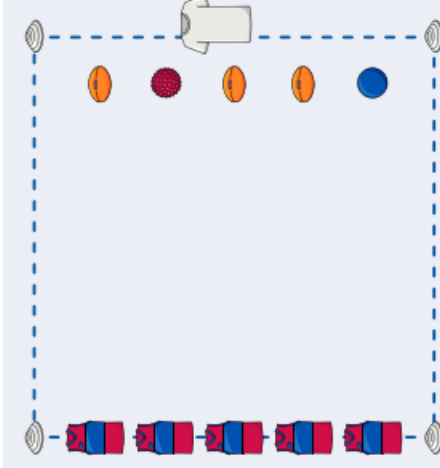
CHANGE IT UP

- Have players bounce the ball as they run.
- When grabbing a ball from the centre hoop or stealing the ball from rival groups, Auskickers can try rolling, handballing or kicking the ball back to their group.



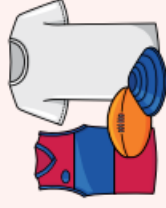
ANGRY OGRE

LVL 1



EQUIPMENT

1 football per Auskicker
and 1 adult per group.



SET-UP

Ask Auskickers to line
up on one side of the
playing area, directly
opposite their balls
sitting on the far side of
the playing area.

The coach is the "Angry
Ogre" and must stand
in front of the balls
with their back to the
Auskickers.

HOW TO PLAY

- 1 Auskickers sneak up behind the Angry Ogre to steal a ball. When the Angry Ogre turns around, Auskickers must freeze! If the Angry Ogre spots someone moving, they must go back to the starting line.
- 2 When an Auskicker successfully grabs a ball, they shout "Angry Ogre"! Auskickers then run to grab a ball and race back to the starting line while the Angry Ogre aims to chase and tag as many Auskickers as possible.
- 3 If anyone makes it back without being tagged by the Angry Ogre, they win!
- 4 Reset the balls, line up the players, and start again.

CHANGE IT UP

- Place only one ball on the ground!
- Once a player gets their hands on it, the Auskickers must play keepings off against the Angry Ogre.

Skills & Drills



How to Kick a Footy

Teach NAB AFL Auskickers how to kick a football by following these simple steps!

1. Keep the ball vertical

Each Auskicker is to hold the ball vertically over their preferred kicking leg.

2. Point laces forward

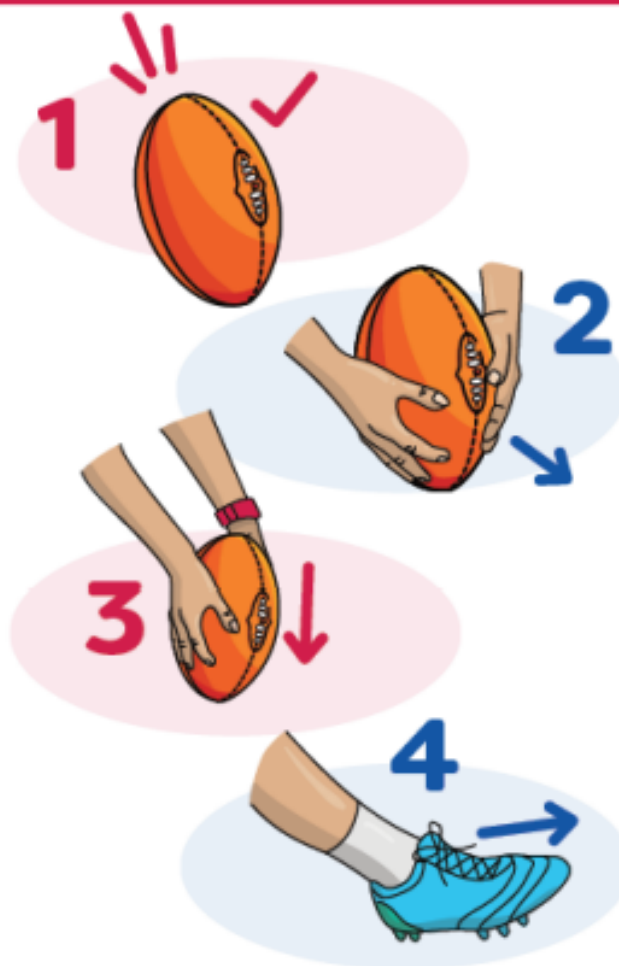
Ask each Auskicker to grip the ball loosely using both hands, with laces facing outward.

3. Relax arms

Ask Auskickers to relax their arms and then guide the ball down with one hand over their preferred kicking leg.

4. Point toes

Auskickers are to bring their foot towards the ball, whilst pointing their toes. The aim is to hit the ball with their shoelaces, remembering to follow through.



NAB AFL AUSKICK SKILLS & DRILLS

How to Kick a Footy

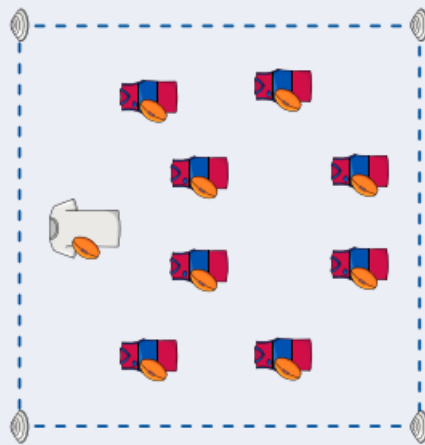
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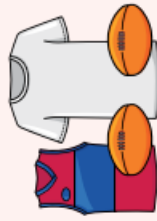


MAGIC FOOTY TRICKS

LVL 1



EQUIPMENT
1 football for everyone and 1 adult per group.



SET-UP
Spread the players out in an area with everyone holding their football ready for when you call out a football "magic trick!"

HOW TO PLAY

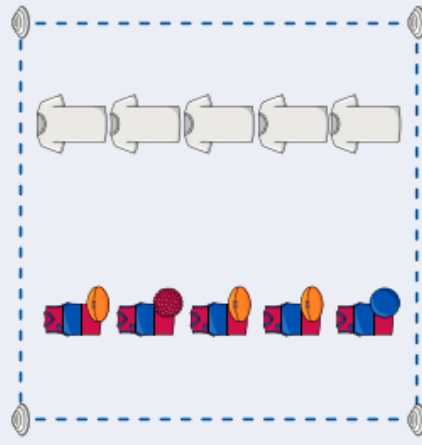
- The coach calls out different "magic tricks" for the Auskickers to follow.
For example:
 - Figure eight - move the ball in between and around the outside of each leg, like a number 8.
 - Wrap the ball around your body - move it around you in a circle shape.
 - Throw the ball up - clap before catching it or catch it behind your back.
 - Pass the ball - side-to-side with a partner or through the legs.
 - Hopping or Robot walks!

CHANGE IT UP
Use your imagination for different magic tricks:
Fun changes can include dodging opponents while holding the football. Pretending to do an awesomely spectacular catch of the football (known as "taking a specky").



MAD MARKS

LVL 1 2 3



EQUIPMENT
1 football or roundball and 1 adult per Auskicker.



SET-UP
The Auskicker and an adult line up opposite each other about one metre apart.

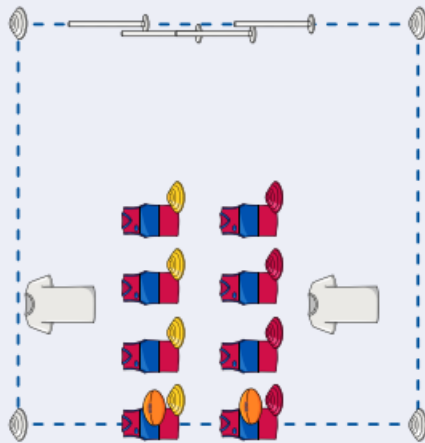
HOW TO PLAY

- For chest marks:** The adult gently throws the ball to the Auskicker so their arms can hug the ball into their chest.
- For overhead marks:** Have adults take a few steps back and hold the ball at shoulder height. The Auskicker runs forward and grabs it!
- For the "spectacular" (specky) mark:** Have adults hold the ball out to the side and higher than their shoulders. Have Auskickers run towards the ball and jump to grab it with their knees in the air (like a specky)!
After a few goes, have adults toss up the football (rather than holding it) for the Auskicker to catch.

CHANGE IT UP

- Try timing the activity and see how many specky's an Auskicker can take in 30 seconds!
- Call out different kind of marks each time so it's different for them each time.
- If Auskickers get confident, have the adults throw the (oval) football to them so it spins backwards!



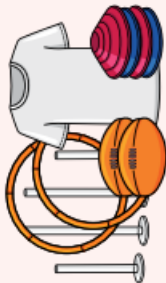


HOW TO PLAY

- 1 The objective for each team is to get their ball from one end of the line to the other end ("Coast to Coast").
- 2 To do this, Auskickers pass the ball to their teammates by using different skills. For example, the first Auskicker may roll the ball to the next Auskicker, then the next may handball.
- 3 The last Auskicker has a kick for goal!
- 4 The Auskicker gets back the ball and races to the start of the line with team mates moving down one spot to the next cone.

EQUIPMENT

- 1 cone for each Auskicker,
- 1 set of goal posts, 2 footballs and
- 2 adults (one per team).

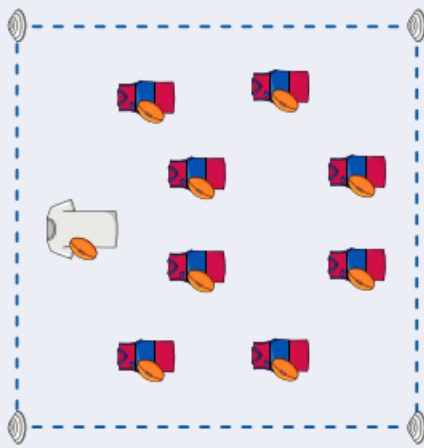


SET-UP

Use the cones to create two different coloured lines leading up to the goal post. Each line is a team and each Auskicker stands by their own cone.

CHANGE IT UP

- Swap the colour of every second cone so Auskickers pass to their team mate diagonally.
- Have a race - which team can get their ball back to the start first?
- Award points for goals!
- Have Auskickers use their opposite hand or foot!



EQUIPMENT

- 1 football per Auskicker and 1 adult per group.



SET-UP

Spread out the Auskickers within the playing area.

HOW TO PLAY

Auskickers run in certain directions depending on the word you shout:

- **"Here"** means Auskickers sprint towards you.
 - **"There"** means Auskickers run in the direction you're pointing.
 - **"Everywhere"** means Auskickers can move wherever they want inside the playing area.
 - **"Nowhere"** means Auskickers have to stand still on the spot and handball the football to themselves.
- Let the Auskickers know their movement!
E.g. "Ok, skipping now, skipping everywhere!"

CHANGE IT UP

- Come up with other new actions to go with each word. For instance, "Nowhere" could mean the Auskickers lie down using the footballs as pillows.
- Try tricking Auskickers with double-ups! But don't be predictable by using patterns so they won't know what's next!

Skills & Drills



How to Handball

Teach NAB AFL Auskickers how to perfect their handballing skills by following these simple steps!

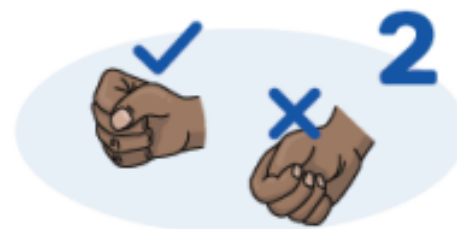
1. Pancake hand

Ask Auskickers to lay their non-dominant hand flat like a pancake to rest the ball on.



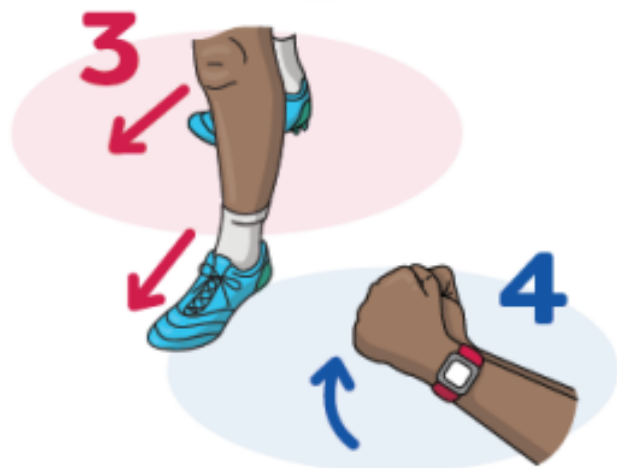
2. Make a fist, keeping thumb on the outside

With the other hand, ask Auskickers to make a fist with their other hand to hit the ball with. Remember to keep thumb on the outside of the fist, not the inside! You don't want a broken thumb!



3. Staggered stance

Get the Auskickers to stand with their feet staggered, keeping the same foot forward as the pancake-shaped hand.



4. Catch fist on follow through

When the Auskickers go to handball the ball, make sure they catch their fist in the pancake hand once the ball has been launched.

NAB AFL AUSKICK SKILLS & DRILLS

How to Handball

Visit play.afl/auskick





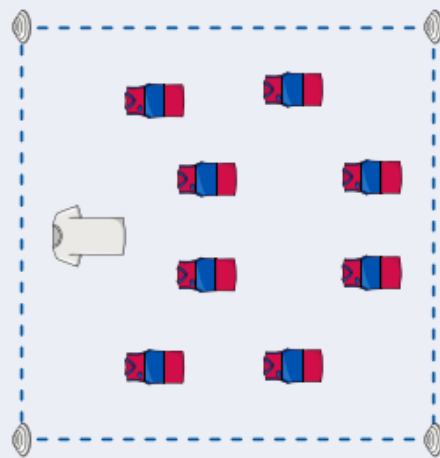
FOOTY NINJA

LVL 1



ANGRY OGRE

LVL 1



EQUIPMENT

1 adult per group.



SET-UP

Auskickers spread out on the playing area.

CHANGE IT UP

HOW TO PLAY

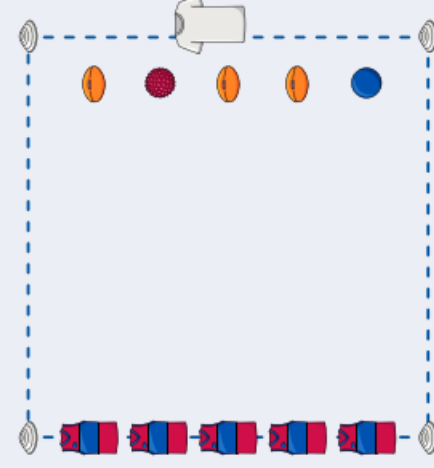
- 1 Ask the Auskickers to raise their hands above their heads then touch their toes.

Then try all sorts of movements like:

- Balancing on one leg, then touching their nose;
- Leg kicks, running, knee lifts;
- Standing on tip toes;
- Hopping;
- Spinning on the spot;
- Leaping for a mark;
- Landing on different feet;
- Dodging, pivoting, weaving, jumping and twisting.

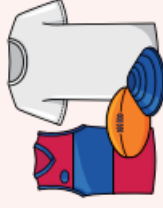
HOW TO PLAY

- 1 Auskickers sneak up behind the Angry Ogre to steal a ball. When the Angry Ogre turns around, Auskickers must freeze! If the Angry Ogre spots someone moving, they must go back to the starting line.
- 2 When an Auskicker successfully grabs a ball, they shout "Angry Ogre"! Auskickers then run to grab a ball and race back to the starting line while the Angry Ogre aims to chase and tag as many Auskickers as possible.
- 3 If anyone makes it back without being tagged by the Angry Ogre, they win!
- 4 Reset the balls, line up the players, and start again.



EQUIPMENT

1 football per Auskicker and 1 adult per group.



SET-UP

Ask Auskickers to line up on one side of the playing area, directly opposite their balls sitting on the far side of the playing area.

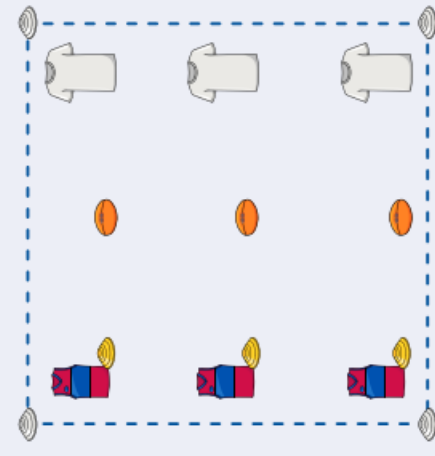
The coach is the "Angry Ogre" and must stand in front of the balls with their back to the Auskickers.

CHANGE IT UP

- Place only one ball on the ground!
- Once a player gets their hands on it, the Auskickers must play keepings off against the Angry Ogre.

HANDBALL HEROES

LVL
1 2 3



HOW TO PLAY

- 1 Auskickers race forward, pick up the ball and hand it to the adult. They then run around the adult, receive the ball back and return it to the middle as they make their way back to their starting cone. Do this a few times!
- 2 Auskickers then progress to throwing or handballing the football to the adult once they've picked it up. Followed by running around the adult and back to the cone.
- 3 The adult can even roll the ball to the Auskicker, which they then run and pick up and handball it back.
- 4 After a bit the Auskicker and adult can handball the football back and forth!

EQUIPMENT

1 football, 1 cone and 1 adult per Auskicker.



SET-UP

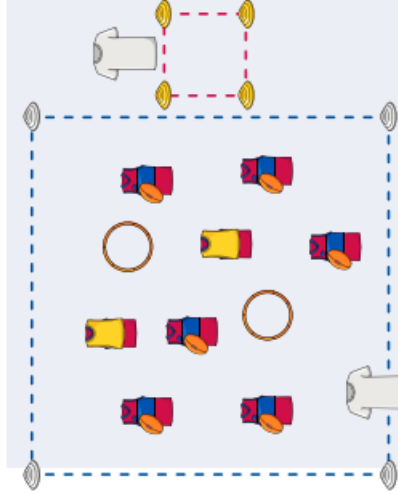
Place cones in a line on the ground with each Auskicker standing behind a cone. A few metres away the adult stands facing them with the football on the ground halfway between them.

CHANGE IT UP

- Get the adult and the Auskicker standing further apart.
- Ask the Auskickers to try using their opposite hand to handball - even if it's wonky!
- Use a timer. See how many handballs they can do in 30 seconds!

SHARKS AND ISLANDS

LVL
2 3

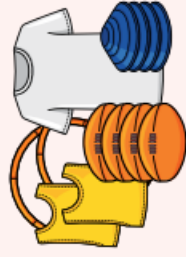


HOW TO PLAY

- 1 Auskickers in bibs are the "Sharks" and are "it". Auskickers who make it inside the hoops ("on the islands") are safe and can't be tagged by the Sharks.
- 2 Auskickers are only allowed on the island for three seconds before they have to leave!
- 3 When an Auskicker is tagged, they run to the tag zone and complete a football skill (for example, handball to themselves or complete five bounces). Once they complete the skill, they can go back to the game. An adult can help Auskickers at the tag zone.
- 4 Swap the Sharks every now and then so everyone gets a go.

EQUIPMENT

A stack of footballs, 4 cones, 2 hoops, 2 bibs & 1-2 adults per group.



SET-UP

Put two hoops inside the playing area. On the outside mark out a smaller "tag zone" with four cones. Give two Auskickers bibs and the others a football each.

CHANGE IT UP

- Have only one island or increase the number of Sharks.
- You can even add new rules to the game. For example, Auskickers skip about, or when someone comes out of the tag zone they have a turn to be "it".

Skills & Drills

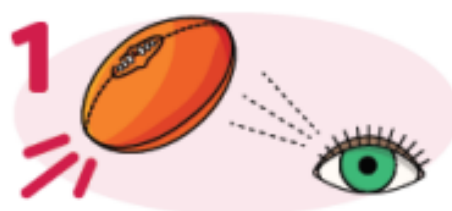


How to Overhead Mark

Teach NAB AFL Auskickers how to perfect an overhead mark by following these simple steps!

1. Track the ball

Auskickers to keep their eyes on the ball at all times!



2. Make a 'W'

Auskickers must point their fingers to the sky and spread their hands to make a 'W' shape.



3. Extend your arms and catch!

To help catch the ball at the highest point, ask Auskickers to catch the ball slightly in front of their head by extending their arms high to the sky, and elbow slightly bent.



NAB AFL AUSKICK SKILLS & DRILLS
How to Overhead Mark

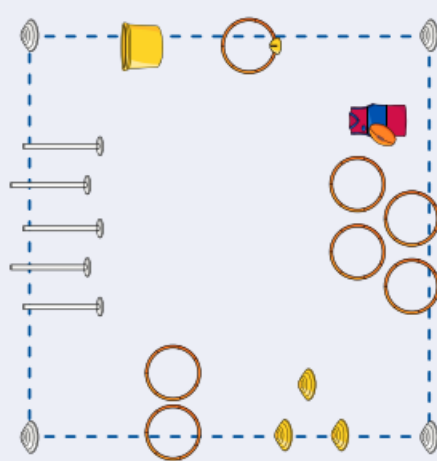
Visit play.afl/auskick





AROUND THE WORLD THE WORLD

LVL 1

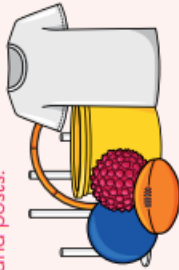


HOW TO PLAY

- 1 Step through your course so the Auskickers can see what to do. Now it's their turn!
- An example of the course might be:
- Four hoops to hop through on alternate legs;
 - Three cones to tap the ball around with using two hands;
 - Two hoops to bounce the ball;
 - Posts to weave in and out of;
 - One hoop on a stand to throw the ball through before collecting it, and;
 - A tub to throw the ball into.

EQUIPMENT

4 adults per group, a collection of balls, hoops, cones, tubs and posts.



SET-UP

Set up an obstacle course. Set it out as an imaginative cool course utilizing a variety of equipment for maximum fun!
Every Auskicker uses a ball of their choice.

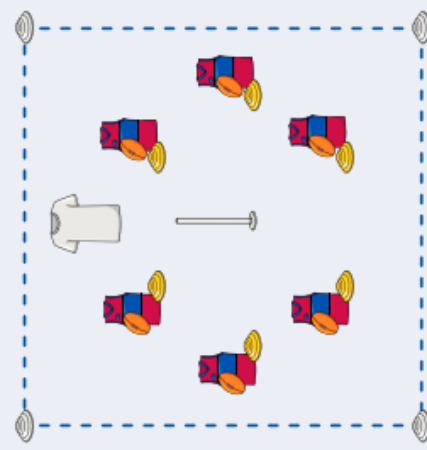
CHANGE IT UP

- Try making the activity a race!
- Change the way everyone moves their body around each section (e.g. instead of running they hop, skip or jump etc.).
- You can even change the direction.



KICK THE STICK

LVL 1



HOW TO PLAY

- 1 On "Go" Auskickers kick their football and aim for the stick! Anyone who hits the stick gets a point.
- 2 Slowly up the points the target is worth. Be playful - get up to a thousand or a million points!
- 3 As Auskickers busily "kick the stick", provide some handy hints like:
 - Point your toes at the target;
 - Hold the ball over the leg you're kicking with, and;
 - Keep your head over the ball.
- 4 Make sure everyone knows they can't collect the balls until you say so as footballs will be flying everywhere.

EQUIPMENT

1 ball and 1 cone per Auskicker. 1 single post (or target) and 1 adult per group.



SET-UP

Use the cones to make a circle, with the goal post target in the middle.
Auskickers are to have one ball and stand next to a cone.

CHANGE IT UP

- Have Auskickers try a run up before the kick.
- Experiment with using different balls and encourage Auskickers to use their opposite foot.
- Have Auskickers aim to kick over the target, or have an adult handball to them before they kick the stick.

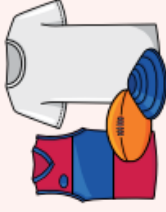


ANGRY OGRE

LVL 1

EQUIPMENT

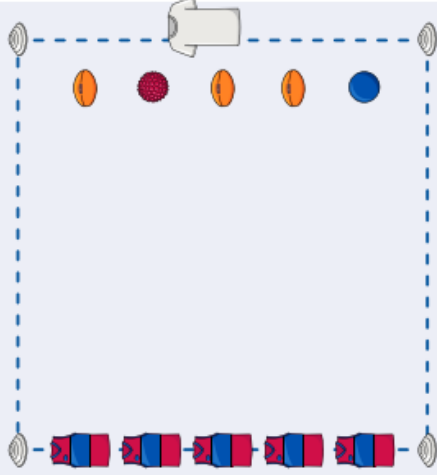
1 football per Auskicker and 1 adult per group.



SET-UP

Ask Auskickers to line up on one side of the playing area, directly opposite their balls sitting on the far side of the playing area.

The coach is the "Angry Ogre" and must stand in front of the balls with their back to the Auskickers.



HOW TO PLAY

- 1 Auskickers sneak up behind the Angry Ogre to steal a ball. When the Angry Ogre turns around, Auskickers must freeze! If the Angry Ogre spots someone moving, they must go back to the starting line.
- 2 When an Auskicker successfully grabs a ball, they shout "Angry Ogre"! Auskickers then run to grab a ball and race back to the starting line while the Angry Ogre aims to chase and tag as many Auskickers as possible.
- 3 If anyone makes it back without being tagged by the Angry Ogre, they win!
- 4 Reset the balls, line up the players, and start again.

CHANGE IT UP

- Place only one ball on the ground!
- Once a player gets their hands on it, the Auskickers must play keepings off against the Angry Ogre.

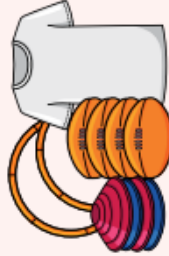


FOOTY HARVEST

LVL 1

EQUIPMENT

A stack of footballs, a stack of cones, 2 hoops and 1 adult per group.



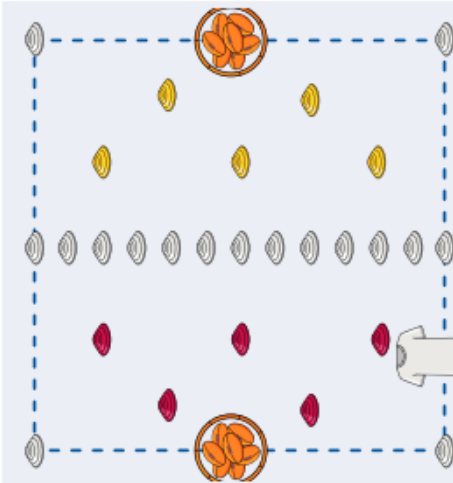
SET-UP

Split the playing area in half with some cones. Scatter cones equally in the two zones.

Create two teams, and have them face each on opposite edges of the playing area. Place a hoop at their feet and put a heap of footballs in it.

CHANGE IT UP

- Auskickers can handball the harvested footballs back to their group, or take a running bounce.
- You could even have the Auskickers hopping or skipping.



HOW TO PLAY

- 1 An Auskicker from each side runs a football into the other zone and 'plants' it next to one of the scattered cones.
- 2 When they return it's the next Auskickers' go. The first team to plant all their footballs win!
- 3 After a few rounds of "planting" the balls, the Auskickers now "harvest" by bringing them back to their side.
- 4 You can even add a 'tag' rule - an adult is the tagger. If an Auskicker with a ball is tagged, they put the ball back and return to their team empty handed.

Skills & Drills



How to Bounce

Teach NAB AFL Auskickers how to bounce a football by following these simple steps!

1. Grip the ball

Start by having each Auskicker hold the football slightly on the laces with their dominant hand.

2. Step-forward

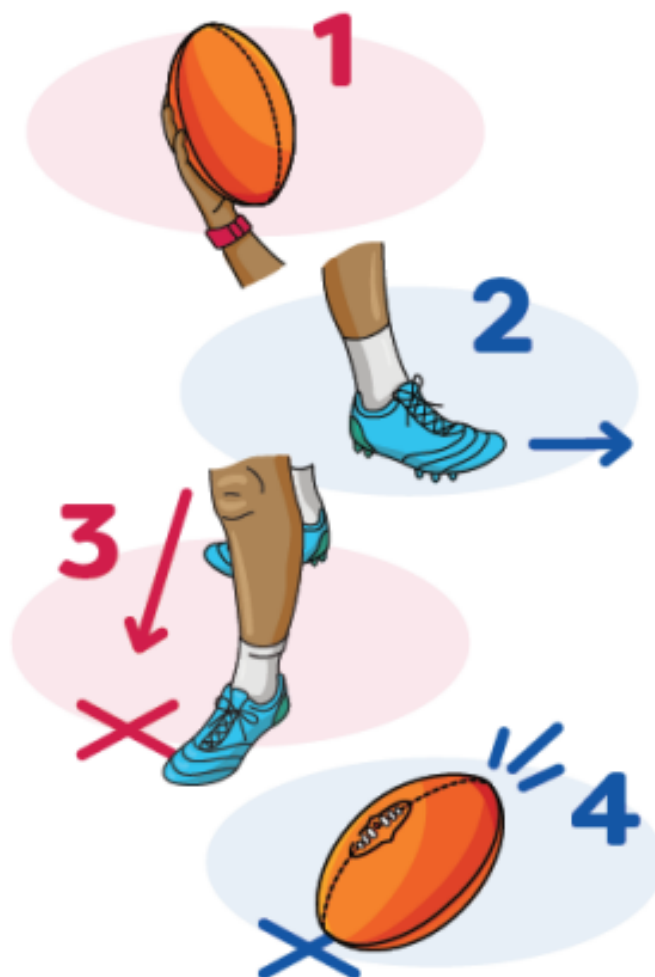
Each Auskicker is to step forward with their opposite foot from their dominant hand.

3. Aim in front

Aim the ball in the front of the body to make it easier to catch when moving forward.

4. Push the ball down

Have the Auskickers push the ball down as they step forward with their preferred hand. The ball should be pushed far enough in front of the Auskicker so the ball bounces back in their hand as they run forward.



NAB AFL AUSKICK SKILLS & DRILLS

How to Bounce

Visit play.afl/auskick

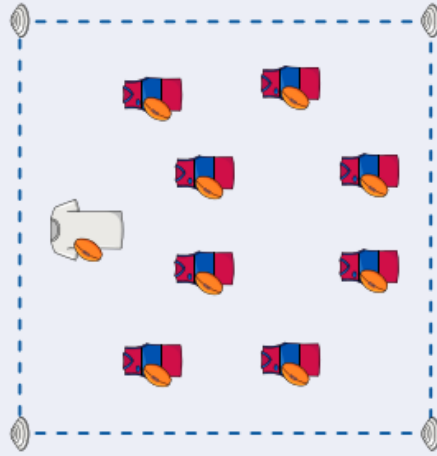


MAGIC FOOTY TRICKS

LVL 1

FOOTY RACETRACK

LVL 1 2 3

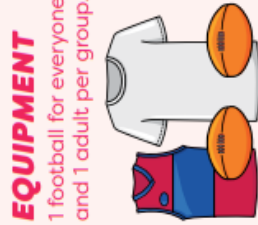


HOW TO PLAY

1 The coach calls out different "magic tricks" for the Auskickers to follow.

For example:

- Figure eight - move the ball in between and around the outside of each leg, like a number 8.
- Wrap the ball around your body - move it around you in a circle shape.
- Throw the ball up - clap before catching it or catch it behind your back.
- Pass the ball - side-to-side with a partner or through the legs.
- Hopping or Robot walks!



EQUIPMENT

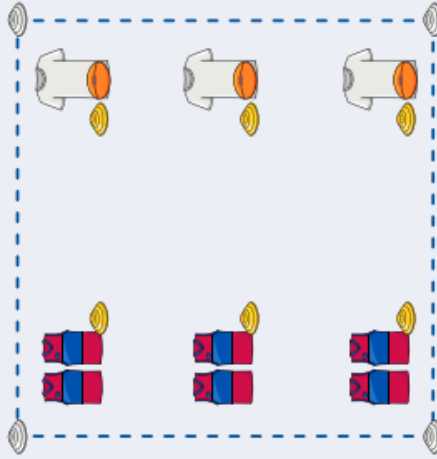
1 football for everyone and 1 adult per group.

SET-UP

Spread the players out in an area with everyone holding their football ready for when you call out a football "magic trick!"

CHANGE IT UP

Use your imagination for different magic tricks: Fun changes can include dodging opponents while holding the football. Pretending to do an awesomely spectacular catch of the football (known as "taking a speccy").



HOW TO PLAY

1 The adult rolls the ball to one of the Auskickers who picks it up, handballs it back and runs the "footy racetrack": around the adult and back to the starting point, where the partner then has their go.

2 Follow up handballs with kicks, either still or kicking on the run. Auskickers can even practise catching the football above their head or some specy marks. To do this, the adult holds the ball up nice and high and lets the Auskicker grab the ball as they approach and give it back when they turn the corner around the cone.

3 Now see how many racetrack laps Auskickers can do in a set time.

EQUIPMENT

1 football, 2 cones and 1 adult per pair of Auskickers.



SET-UP

Two cones about 10m apart with two Auskickers lining up on one cone and the adult on the opposite cone, holding the football.

CHANGE IT UP

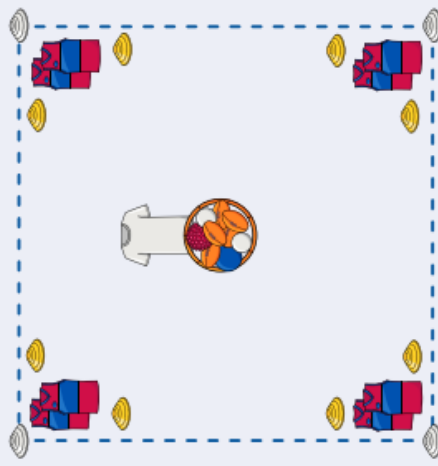
- Increase the distance between the cones or roll the ball faster.
- Add a big kick once Auskickers receive the ball from the adult (make sure each Auskicker retrieves the football before the next person has a go).
- Try using different shaped balls or have Auskickers use their opposite hand or foot.

RUCKMAN'S TREASURE

LVL 1 2

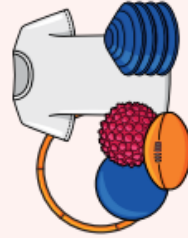
HERE, THERE, EVERYWHERE

LVL 1



EQUIPMENT

A collection of balls, 4 cones, 1 hoop and at least 1 adult.



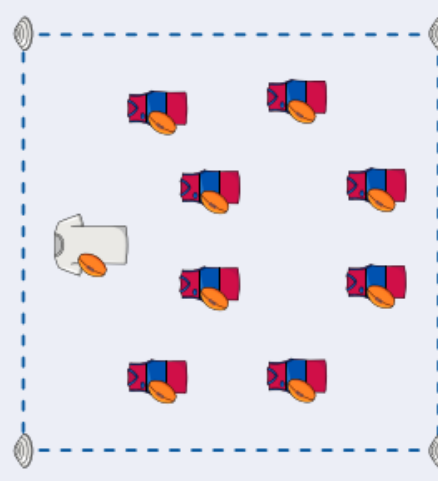
SET-UP

Place two cones on each corner of the activity square.

Place a hoop in the middle and all the balls inside the hoop. This is the Ruckman's Treasure!

HOW TO PLAY

- 1 On "Go!" one Auskicker from each group tries to steal a ball from the "Ruckman's Treasure" and run it back to their team without being caught.
- 2 After the first Auskicker has made it back, the next team mate has a go!
- 3 The Ruckman stops balls from being stolen by tagging the Auskicker while they are holding the ball. The ball goes back in the hoop and the tagged Auskicker returns to their team.
- 4 If the centre hoop is empty, Auskickers start stealing balls from other groups. If they get tagged by an opponent while holding a ball, they return that ball back to the centre hoop.



EQUIPMENT

1 football per Auskicker and 1 adult per group.



SET-UP

Spread out the Auskickers within the playing area.

HOW TO PLAY

- Auskickers run in certain directions depending on the word you shout:
- **"Here"** means Auskickers sprint towards you.
 - **"There"** means Auskickers run in the direction you're pointing.
 - **"Everywhere"** means Auskickers can move wherever they want inside the playing area.
 - **"Nowhere"** means Auskickers have to stand still on the spot and handball the football to themselves.
- Let the Auskickers know their movement! E.g. "Ok, skipping now, skipping everywhere!"

CHANGE IT UP

- Come up with other new actions to go with each word. For instance, "Nowhere" could mean the Auskickers lie down using the footballs as pillows.
- Try tricking Auskickers with double-ups! But don't be predictable by using patterns so they won't know what's next!

Skills & Drills



How to Grab a Ground Ball

Teach NAB AFL Auskickers how to grab a ground ball by following these simple steps!

1. Low stance, get low

Ask the Auskickers to approach the ball with a low sideways stance, with their body behind the ball. Then, get nice and low!



2. Pick up the ball with both hands

Pick up the ball with two hands. Fingers should almost be touching the ground, palms facing towards the ball.



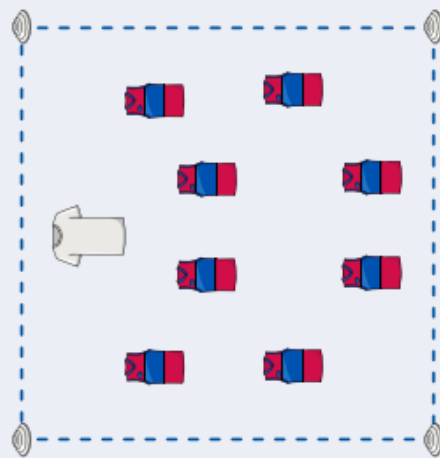
NAB AFL AUSKICK SKILLS & DRILLS
How to Grab a Ground Ball

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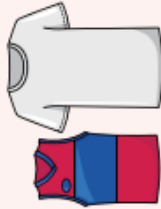
FOOTY NINJA

LVL 1



EQUIPMENT

1 adult per group.



SET-UP

Auskickers spread out on the playing area.

CHANGE IT UP

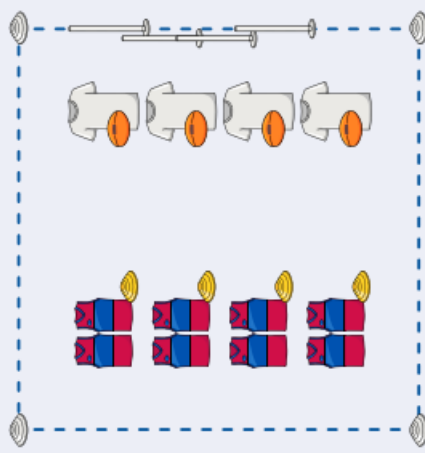
HOW TO PLAY

- 1 Ask the Auskickers to raise their hands above their heads then touch their toes. Then try all sorts of movements like:
 - Balancing on one leg, then touching their nose;
 - Leg kicks, running, knee lifts;
 - Standing on tip toes;
 - Hopping;
 - Spinning on the spot;
 - Leaping for a mark;
 - Landing on different feet;
 - Dodging, pivoting, weaving, jumping and twisting.

The sky is the limit to mixing it up! Add any instructions you can think of.

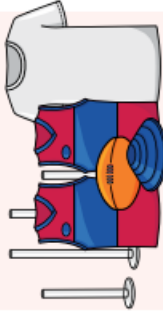
OVER THE GIANT

LVL 1



EQUIPMENT

1 cone, 1 football and 1 adult per pair of Auskickers. Plus 1 set of posts for the group.



SET-UP

Lay out the cones in a straight line, a couple of steps from the goal posts. The Auskickers stand by the cones.

An adult holding a football stands half-way between their pair and the goals.

CHANGE IT UP

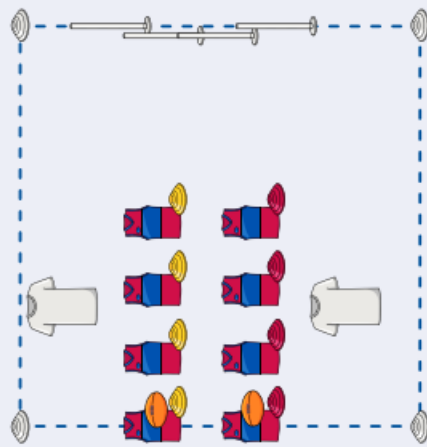
- Add a run-up or bounce before a kick for goal.
- You can also make it harder by having the Giants try and do a tiny bit of defending!
- Try using different balls.

HOW TO PLAY

- 1 On 'Go' adults throw the football to one of their Auskickers, who catches it and handballs it back to the adult.
- 2 The other Auskicker has a turn. Give tips on marking, for example, "hug the ball to your chest".
- 3 Once a few handballs, kick for goal over the adults ("Giants")!
- 4 For younger Auskickers who might find it hard, they can walk or run around the Giant before kicking at goal.
- 5 After a few minutes of goal kicking, give some tips and the Auskickers get free shots at goal!

COAST TO COAST

LVL 12

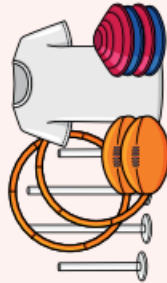


HOW TO PLAY

- 1 The objective for each team is to get their ball from one end of the line to the other end ("Coast to Coast").
- 2 To do this, Auskickers pass the ball to their teammates by using different skills. For example, the first Auskicker may roll the ball to the next Auskicker, then the next may handball.
- 3 The last Auskicker has a kick for goal!
- 4 The Auskicker gets back the ball and races to the start of the line with team mates moving down one spot to the next cone.

EQUIPMENT

- 1 cone for each Auskicker,
- 1 set of goal posts, 2 footballs and
- 2 adults (one per team).



SET-UP

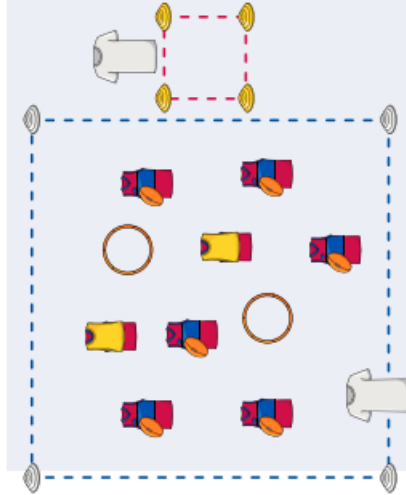
Use the cones to create two different coloured lines leading up to the goal post. Each line is a team and each Auskicker stands by their own cone.

CHANGE IT UP

- Swap the colour of every second cone so Auskickers pass to their team mate diagonally.
- Have a race - which team can get their ball back to the start first?
- Award points for goals!
- Have Auskickers use their opposite hand or foot!

SHARKS AND ISLANDS

LVL 23

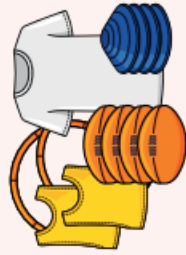


HOW TO PLAY

- 1 Auskickers in bibs are the "Sharks" and are "it". Auskickers who make it inside the hoops ("on the islands") are safe and can't be tagged by the Sharks.
- 2 Auskickers are only allowed on the island for three seconds before they have to leave!
- 3 When an Auskicker is tagged, they run to the tag zone and complete a football skill (for example, handball to themselves or complete five bounces). Once they complete the skill, they can go back to the game. An adult can help Auskickers at the tag zone.
- 4 Swap the Sharks every now and then so everyone gets a go.

EQUIPMENT

- A stack of footballs,
- 4 cones, 2 hoops, 2 bibs
- & 1-2 adults per group.



SET-UP

Put two hoops inside the playing area. On the outside mark out a smaller "tag zone" with four cones. Give two Auskickers bibs and the others a football each.

CHANGE IT UP

- Have only one island or increase the number of Sharks.
- You can even add new rules to the game. For example, Auskickers skip about, or when someone comes out of the tag zone they have a turn to be "it".

Skills & Drills

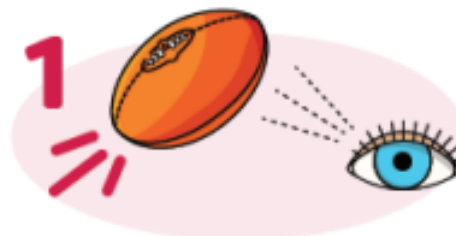


How to Take a Chest Mark

Teach NAB AFL Auskickers how to perfect a chest mark by following these simple steps!

1. Track the ball

Auskickers to keep their eyes on the ball at all times!



2. Arms out

Auskickers to stretch their arms out straight in front of them and keep their elbows in.



3. Palms face the sky

Ask Auskickers to imagine their hand is a pancake, keep their palms flat, facing the sky.



4. Catch and hug the ball

Once Auskickers see the ball coming their way, have them catch the ball in their arms then hug the ball against their chest (like they're hugging a teddy bear!).



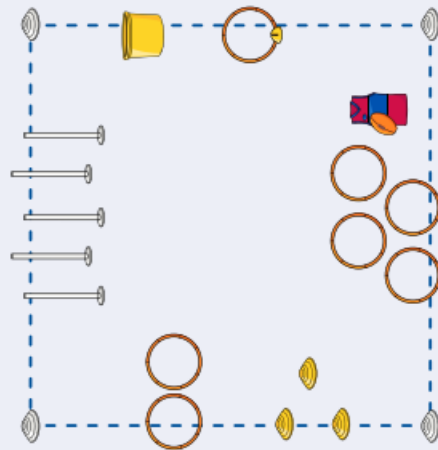
NAB AFL AUSKICK SKILLS & DRILLS
How to Take a Chest Mark

Visit play.afl/auskick



AROUND THE WORLD

LVL 1

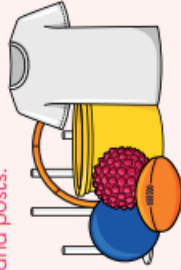


HOW TO PLAY

- 1 Step through your course so the Auskickers can see what to do. Now it's their turn!
 - An example of the course might be:
 - Four hoops to hop through on alternate legs;
 - Three cones to tap the ball around with using two hands;
 - Two hoops to bounce the ball;
 - Posts to weave in and out of;
 - One hoop on a stand to throw the ball through before collecting it, and;
 - A tub to throw the ball into.

EQUIPMENT

4 adults per group, a collection of balls, hoops, cones, tubs and posts.



SET-UP

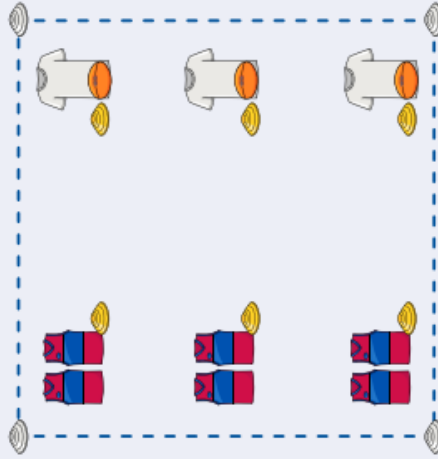
Set up an obstacle course. Set it out as an imaginative cool course utilizing a variety of equipment for maximum fun!
Every Auskicker uses a ball of their choice.

CHANGE IT UP

- Try making the activity a race!
- Change the way everyone moves their body around each section (e.g. instead of running they hop, skip or jump etc.).
- You can even change the direction.

FOOTY RACETRACK

LVL 1 2 3



HOW TO PLAY

- 1 The adult rolls the ball to one of the Auskickers who picks it up, handballs it back and runs the "footy racetrack": around the adult and back to the starting point, where the partner then has their go.
 - 2 Follow up handballs with kicks, either still or kicking on the run. Auskickers can even practise catching the football above their head or some speedy marks. To do this, the adult holds the ball up nice and high and lets the Auskicker grab the ball as they approach and give it back when they turn the corner around the cone.
 - 3 Now see how many racetrack laps Auskickers can do in a set time.

EQUIPMENT

1 football, 2 cones and 1 adult per pair of Auskickers.



SET-UP

Two cones about 10m apart with two Auskickers lining up on one cone and the adult on the opposite cone, holding the football.

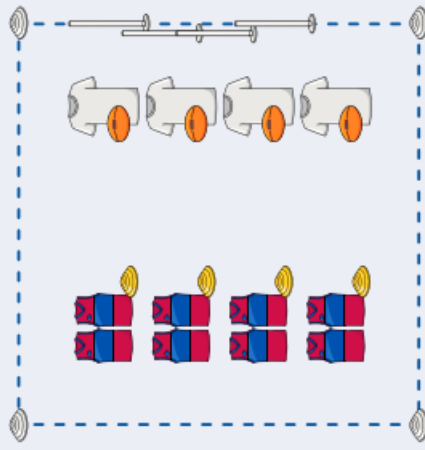
CHANGE IT UP

- Increase the distance between the cones or roll the ball faster.
- Add a big kick once Auskickers receive the ball from the adult (make sure each Auskicker retrieves the football before the next person has a go).
- Try using different shaped balls or have Auskickers use their opposite hand or foot.



OVER THE GIANT

LVL 1

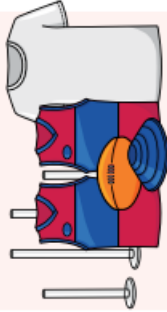


HOW TO PLAY

- 1 On 'Go' adults throw the football to one of their Auskickers, who catches it and handballs it back to the adult.
- 2 The other Auskicker has a turn. Give tips on marking, for example, "hug the ball to your chest".
- 3 Once a few handballs, kick for goal over the adults ("Giants").
- 4 For younger Auskickers who might find it hard, they can walk or run around the Giant before kicking at goal.
- 5 After a few minutes of goal kicking, give some tips and the Auskickers get free shots at goal!

EQUIPMENT

1 cone, 1 football and 1 adult per pair of Auskickers. Plus 1 set of posts for the group.



SET-UP

Lay out the cones in a straight line, a couple of steps from the goal posts. The Auskickers stand by the cones.

An adult holding a football stands half-way between their pair and the goals.

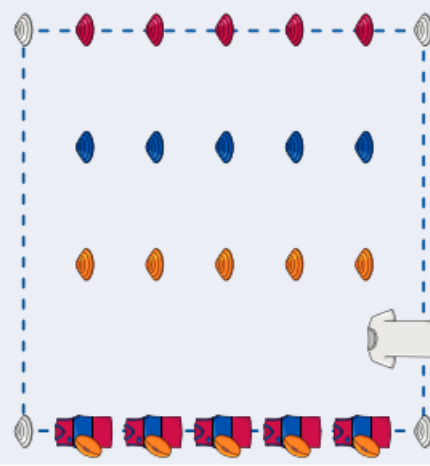
CHANGE IT UP

- Add a run-up or bounce before a kick for goal.
- You can also make it harder by having the Giants try and do a tiny bit of defending!
- Try using different balls.



SUPER BOOT

LVL 1 2



HOW TO PLAY

- 1 When you say "Go", all the players kick for the six-point zone. Then on your call, they run and pick up the ball, and return to the kicking line to try again.
- 2 Then try calling out different zones for players to aim for.
- 3 Remember to emphasise kicking technique!

EQUIPMENT

1 football per Auskicker, a stack of cones in two or three colours and 1 adult per group.



SET-UP

Divide the playing area into three zones using the different coloured cones. Line the players up on the edge of the playing area.

The zone furthest from the players is the 'Six Point Zone'. The middle zone is worth three points and the closest is worth one point.

CHANGE IT UP

Try taking a running bounce before kicking, or kicking with different types of balls.