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| **AFL Football Program** | | | | | |
| **Lesson number**  4 | | **Duration of Lesson**  50 mins | **Class Size**  15-20 children | | **Level**  12-13 year olds |
| **Theme: Marking and Bouncing the AFL ball**  **Focus: Revising the skill of the Mark (Chest and Overhead) and introduction of bouncing**  **Learning Objective/s:**   * Arms straight out in front of the body * Hands out in front of the eyes and spread shoulder width apart * Keeping eyes on the ball in flight * Introduce the chest mark, rolling the arms in towards the body when contact of the ball to the chest is completed * Get body in line with the ball in preparation Phase   Bouncing   * Wet Weather, touching the ball on the ground with two hands * Ball is pushed down with one hand * Ball is bounced far enough forward to allow player to run onto it and collect it without breaking stride | | | | | |
| **Equipment : 30 cones, 20 sashes, 20-25 footballs** | | | | | |
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| **Stage/Time** | **Tasks – notes and diagrams** | | | **Coach Action/Focus** | |
| **Introduction**  **Outline the session** | * **Outline the rules of the class.** * **Whistle meaning stop, look and listen.** * **Respecting others in the class as well as the teacher** * **Raise your hand if a student has a question** * **Outline the skill being taught (revision of Marking and introduction of bouncing)** | | | * Focus on safety and rule engagement * Revise the skill of handballing * Ask questions to the class to classify abilities and knowledge of the skill * Revise the concept of marking, overhead and chest * Introduce the concept of bouncing the ball, why we do and when its most effective | |
| **Warm Up**  **One activity** | **Coaches Call**  **Diagram:**  15m  15 metres  Legend  : Group 1    : Teacher    **: Group 2** | | | **Teaching Points : Coaches Call**   * Head up and watching where running * Body lean slightly forward * Arms moving opposite to legs   **Errors**   * Head down while running, not watching what in front of the runner * No arm movement during motion phase * Forgetting the number given to the student   **Safety Points**  1.Running with head up at all times  2. Running at least half a meter outside the circle  3. Appropriate footwear and shoelaces tied  **Description : Coaches Call**   * Determine playing area * Each person has a football * Very similar to simon Says * Designate numbers and associated skills * Eg : Ball up (star of match), Spekky, paddling the ball * At the end get students to get into groups of 4 or 5 to start next activity. | |
| **Skill Development**  **Four activities** | Activity 1  **: Kicking / Marking in groups : Chest Mark**  **Diagram**    20m  8 m  15 metres  Legend  : students  : direction to kick  : teacher  Activity 2 : Marking on the run  **Diagram**    20m  8 m  15 metres  Legend  : students  : direction to kick  : teacher  Activity 3 Bouncing the Ball    20m  15 metres  Legend  : students  : direction to kick  : teacher  **Diagram : Run and Bounce / Touch the ball on the ground**    20m  15 metres  Legend  : starting students :other group members  : direction to run  : teacher | | | Description : Activity 3   * Students broken up into groups of 5 and given one football between them * Each group is given 2 cones. One partner stands on a designated line * The other paces out 8 metres with direction from teacher * Students will perform a basic drop punt to each other * The other student will look to judge and mark the ball * Students will have be given room to complete the kick. * Teacher will move around class giving feedback   Description : Marking on the run   * Same set up as paired kicking. * The receiving person will step back about 5 -10 more metres * On command the receiving partner will run out and call out for the ball * The kicker will attempt a drop punt and kick it to their leading partner * The partner will attempt to mark the ball after which they will attempt a handball return to the kicker * Distances can be modified accordingly   Modifications to activity  Changing the kick to and underarm throw in the air depending on the skill level of the kicker  Change the mark from overhead to chest when appropriate  Bouncing   * Wet Weather, touching the ball on the ground with two hands * Grip is dominant hand placed on lower part of the ball with middle finger lining the centre of the ball, opposite hand is held higher * Ball is pushed down with dominant hand * Ball is bounced on the top end of the ball at 45 degree angle   Common Errors   * Incorrect positioning of the hand when bouncing * Not bouncing the ball far enough in front of the body   Description   * Students will pair up and find a space within boundary area * On command the teacher will ask students to hold ball in correct preparatory position * Next command will be to bounce the ball * After 5 attempts pairs will switch over   Progressions  Get partners to go on their knees to lower centre of gravity and distance the ball has to be bounced from the hand  Description   * Set up 3 teams * Distance is changeable at any time * On command student will run towards the other members of group * The student will complete one attem,pted bounce before passing it to the next person. * This will continue till all people have completed it   Progressions / Modifications  Change the amount of bounces completed  Introduce touching the ball on the ground  Introduce a kick or handball when passing to the next person in line | |
| **Skill Game**  **Relate to one of the skill development activities** | **Scatter Run : Congestion Handball**  **Diagram:**  15m  15 metres  Legend  : cones    : Teacher    **: groups** | | | **Teaching Points : Scatter Run**   * Head up and watching where running * Body lean slightly forward * Arms moving opposite to legs   **Errors**   * Head down while running, not watching what in front of the runner * No arm movement during motion phase * Forgetting the number given to the student   **Safety Points**  1.Running with head up at all times  2. Running at least half a meter outside the circle  3. Appropriate footwear and shoelaces tied  **Description : Scatter Run**   * Students pair up ( as many pairs as needed * Teacher will place the equal amount of cones out to the amount of players * On command one member of the group will run out on to a cone and receive a handball * The other member will then look for a free cone to run onto to receive a handball from partner * This continues for a period of 2 mins. | |
| **Modified Game**  **Rules** | Modified AFL game  Diagram          Legend  : Team 1 : Teacher  : Team 2 X : teams in waiting  : goal | | | Rules   1. Teams of 5-8 depending on numbers 2. No boundary throw ins 3. Mark is awarded regardless of the distance 4. Defending is to be 1 meter off the player with the ball 5. Only allowed one bounce before getting rid of the ball 6. Person in possession must run and bounce or touch ball on the ground at least once. No pressure can be applied through this process.a   **Safety:**   * Incorrect kicking action, stubbing of kicking foot * Getting hit by incoming ball * Appropriate footwear for surface conditions * When kicking make sure that there are no people in the line or flight of the ball that aren’t susposed to be there | |
| **Warm Down** | Walking together as a group  Stretching major muscles of the body (shoulders, back hamstrings, lower back and quadriceps) | | | Focus in on the skills of Marking and Bouncing asking what are the main points learnt.  Marking the ball (Overhead and Chest)   * Arms straight out in front of the body * Hands out in front of the eyes and spread shoulder width apart * Keeping eyes on the ball in flight * Introduce the chest mark, rolling the arms in towards the body when contact of the ball to the chest is completed * Get body in line with the ball in preparation Phase   And Bouncing   * Wet Weather, touching the ball on the ground with two hands * Ball is pushed down with one hand * Ball is bounced far enough forward to allow player to run onto it and collect it without breaking stride | |

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