|  |
| --- |
| **AFL Football Program** |
| **Lesson number**1 | **Duration of Lesson**50 mins | **Class Size**15-20 | **Level**Age12-13 |
| **Theme: Handball in an AFL style game****Focus: The skill of handballing****Learning Objective/s:** * “Make contact with the ball using the inside of the fist”
* “Have the thumb across the fingers”
* “Hit down on the ball to get the proper backspin”
 |
| **Equipment : 30 cones, 20 sashes, 20-25 footballs** |
|  |
| **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, Handballing**
 | * Focus on safety and rule engagement
* Introduce the skill of handballing
* Ask questions to the class to classify abilities and knowledge base
 |
| **Warm Up****One activity** | **“Recruits” Team Speed Ball****Equipment:** 10 cones, 20 sashes, 1 football**Diagram:** 15m 15 metresLegend  : students : Taggers | **Common Errors*** Taking the eyes off the ball
* Palms facing down to receive the ball
* No stepping forward to release the ball

**Safety** * No contact
* Checking surface for potholes or dampness
* No interceptions on body contact when receiving ball

Description :” Recruits” Team Speed Ball* Designate a running area, using lines or cone area off where required
* Select 2 teams of 3 and give them different coloured sashes
* On command other students will run into the designated area
* Tagging students will run around to tag students
* When a student is tagged they will get the coloured sash that tagged them
* Taggers can pass the ball to each other but they cannot run with the ball
* Taggers can take one step and tag students
* When tagged students will get a sash and join the tagging team.
 |
| **Skill Development****Four activities** | Activity 1 Partner HandballingEquipment : 16 AFL footballs, 10 cones 20m4 m3m 15 metresLegend : students  : teacherActivity 2 : Handball on the Move**Equipment:** * 10 AFL balls, 10 cones,

**Diagram**  20m 15 metresLegend : students : direction to handball : teacher : direction to runActivity 3 : Target Handball**Diagram:** 15m 15 metresLegend  : student holding the hoop : Other members of the groupActivity 4 : Keepings off handball / Space BallDiagram: 15m 15 metresLegend  : Offensive team  : defensive team | Key Teaching Points* “Make contact with the ball using the inside of the fist”
* “Have the thumb across the fingers”
* “Hit down on the ball to get the proper backspin”

Common Errors* No fist made, striking with open palm
* Tucking of the thumb under fist when striking
* Hitting the up in the air instead of directly to partner

Safety During all skill drills* Students colliding when running
* Ball hitting a student in the head or body
* Students tripping over
* No contact during offensive drills, 1 meter defending distance

Description of activity 1* Students are broken up into pairs,
* Each pair is given a football between the two of them.
* Students will perform a basic handball to each other, performing the relevant points stated by teacher
* Teacher will move around class giving feedback

Description Activity 2* Set up 3 groups with 5 mteres between each group
* Middle group starts with the ball
* Proceed to run and handball to the left
* That person will run behind the receiving person and run forward
* The receiving person will then handball to the right to the far group then proceed to run towards that area
* The next person will handball to the left and runs towards that group
* This sequence will continue till the end point specified

Progression* Add in 3 defenders on 3 levels ( Use netball thirds as guides
* Change the number of defenders that are in play from 3 to 4

Description Activity 3* Break up students into groups of 4 or 5
* One hoop goes to each group
* One person (see diagram holds the hoop up
* Each person has one go at handballing through the hoop
* After attempt that person will retrieve the ball and pass it to the next in line.
* Distance can varied depending on the students ability

Description : activity 4* Group your students into 5 or 7
* Select 3 or 4 people to be defensive team (sashes)
* The offensive team must keep pocession of the ball by handballing to each other
* People are allowed to take 4 steps with the ball then must dispose of it via a handball
* Change groups every 2 mins

K.Jenkinson (personal communication, March 8, 2013) |
| **Skill Game****Relate to one of the skill development activities** | **Activity 3: Chaos****Diagram**  20m   15 metresLegend : students giving the handball :  : teacher : Students receiving the ball | **Teaching Points*** Keep eyes focused on the person you are going to pass it to
* Contact the ball using the inside of the fist
* Thumb across the fingers
* Lots of clear communication to call for the ball using the person’s name.

**Errors:*** Not looking in where the pass is going
* No fist made, striking with open palm
* Tucking of the thumb under fist when striking

**Safety:*** Students colliding when running
* Ball hitting a student in the head or body
* Students tripping over

**Description*** Split groups in pairs
* One pair make a circle and have a football
* The other members get into middle of the circle
* On command the students in the middle call for a ball
* After which they will return the ball and go to different person and receive a handball
* Change groups up after 2 mins

Modifications* Modify the delivery of the ball, such as rolling the ball, throwing the ball in the air, handballing on the bounce
 |
| **Modified Game****Rules** | Numbers HandballDiagram X X X X X X X X  15 m X X X X X X X 25 metresLegend  : Team 1 : Teacher : Team 2 X : teams in waiting : goalDescription* Teams : 5-6 People
* Group up the children into 4 groups.
* To even out sides get people to pair up with someone who is about the same height
* Designate one team with sashes
* The other teams will wait on the sidelines
* Start the goal shooter inside the key
* No contact, only allowed one meter next to the ball carrier.
* Can defend close to other players, without making contact
* 2 minute rounds so everybody gets a turn
* A goal is scored when a player handballs into the goalie and they catch it on the full

The aim is to keep procession of the ball and score by shooting. | **Teaching Points*** Moving into a vacant space to receive the ball
* A clenched fist is made with thumb on top of the fingers when striking a handball
* Keeping eyes on the play, to execute a defensive intercept

Safety* No Contact allowed
* Be aware of safety zones and areas around the playing area
* Make sure that one team always has sashes on
* Can’t run with the ball

Common Errors* Taking the eyes off the object or turning the body away from the object
* No watching for oncoming handball receive
* Not striking the ball with the fist. Using another part of the hand such as the palm or completing a throw

G.Anderson (personal communication September 18, 2011)+ |
| **Warm Down** | Walking together as a groupStretching major muscles of the body (shoulders, back hamstrings, lower back and quadriceps) | Focus in on asking the students the main points of the handball skill.* “Make contact with the ball using the inside of the fist”
* “Have the thumb across the fingers”
* “Hit down on the ball to get the proper backspin”
 |