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| **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** | | | | | |
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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, 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 metres  Legend  : 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 Handballing  Equipment : 16 AFL footballs, 10 cones  20m  4 m  3m  15 metres  Legend  : students    : teacher  Activity 2 : Handball on the Move  **Equipment:**   * 10 AFL balls, 10 cones,   **Diagram**  20m  15 metres  Legend  : students  : direction to handball  : teacher  : direction to run  Activity 3 : Target Handball  **Diagram:**  15m  15 metres  Legend  : student holding the hoop  : Other members of the group  Activity 4 : Keepings off handball / Space Ball  Diagram:  15m  15 metres  Legend  : 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 metres  Legend  : 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 Handball  Diagram  X X X X X X X X  15 m  X X X X X X X  25 metres  Legend  : Team 1 : Teacher  : Team 2 X : teams in waiting  : goal  Description   * 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 group  Stretching 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” | |