|  |
| --- |
| **AFL Football Program** |
| **Lesson number**2 | **Duration of Lesson**50 mins | **Class Size**15-20 | **Level**12-13 years old |
| **Theme: Kicking****Focus: Teaching and attempting to master the drop punt****Learning Objective/s: Kicking (Drop Punt)*** Guiding the Ball to foot with one hand
* Holding the ball on either side with fingers facing
* Follow through straight towards the target
 |
| **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, Kicking (drop Punt)**
 | * Focus on safety and rule engagement
* Revise the skill of handballing
* Ask questions to the class to classify abilities and knowledge of the skill
* Introduce the concept of the drop punt
 |
| **Warm Up****One activity** | **“Defender In”****Diagram:** X X X X 15m 15 metresLegend  : Starting defender : : Offensive teamX : Defenders waiting | **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 * Designate a running area, using lines or cone area off where required
* Select 2 teams of 3 and give them different coloured sashes
* The whole offensive team starts in the area
* One defender
* Every minute a defender is added into the game until it becomes even numbers
* Designate type of pass between teammates and the amount of steps if required.
 |
| **Skill Development****Four activities** | **Activity 1 : Kicking in pairs****Diagram**  20m8 m 15 metresLegend : students : direction to kick : teacherActivity 2 **Kick and run grid game** 15m 15 metresLegend  : Cones : StudentActivity 3 : Marking on the run**Diagram**  20m8 m 15 metresLegend : students : direction to kick : teacherActivity 4 : Kicking for distance / Goal**Diagram:** 15m 15 metresLegend  : student holding the hoop : Other members of the group | **Kicking (Drop Punt)*** Guiding the Ball to foot with one hand
* Holding the ball on either side with fingers facing
* Follow through straight towards the target

**Progressions*** Kicking off a cone. (similar to penalty kick in rugby)
* Pairs. Stand on one leg, bend knee in preparatory phase, hold ball in front of kicking leg. Change legs when required
* Add in one step to kick
* Add in the backstroke arm in kicking motion
* Add in the forward step on follow throw**.**
* **Change up short kick then long kick**

**Errors:** * Not watching the ball onto the foot in kicking motion
* Incorrect grip on ball in initial stage
* No follow through with kicking leg

**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

Description* Students broken up into pairs and given one football between them
* Each pair 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, performing the relevant points stated by teacher
* Teacher will move around class giving feedback

Description Activity 2* Split the class into 2 even groups
* Students will be set up in a square shape with 4 cones 20m by 20m
* Students are to kick the ball to their right and run through joining the back of the group they kicked to continuing this process all the way around the square

T.Hudson (personal communication, September, 2012)Description* 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
* Distances can be modified accordingly

Description* Set up either a person , cones or goals if available
* The kicker will line up in appropriate position to kick the ball for a goal
* The trainer can add in some one on the mark with their hands up if required for advanced skilled children
* Again distances and angles can be varied due to ability level and area provided
 |
| **Skill Game****Relate to one of the skill development activities** | **Activity 3: Texas Tornado Ball** X X X X X X  15 m  25 metresLegend  : Runner /batter : Teacher : Team 2 X : teams in waiting : hoop  | **Kicking (Drop Punt)*** Guiding the Ball to foot with one hand
* Holding the ball on either side with fingers facing
* Follow through straight towards the target

**Errors:** * Not watching the ball onto the foot in kicking motion
* Incorrect grip on ball in initial stage
* No follow through with kicking leg

**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

Description : Texas Tornado Ball* Break the class into two teams
* Give one team a set of sashes
* Designate the fielding team behind
* Place the hoop 5 meters out from far outside boundary (see diagram)
* Designate a scorer
* Batting team will line up to a back wall away from kicker
* Fielding team will line up behind a boundary designated (see diagram)
* Runner will kick the ball into boundary playing area
* The fielding team can’t run until ball has been cleanly hit into play away from any people
* After the ball is kicked the striker will run to each of the cones in clockwise direction
* One point is scored for each cone run around
* The fielding team must retrieve the ball

Progression* The team must each complete a handball least 5 meters to another player on their side
* Players can only handball the ball once.
* Once the last shot has been made the last person will pick up the ball, run into the hoop, raise their hands and yell stop.
 |
| **Modified Game****Rules** | Numbers Handball / Kicking for goalDiagram 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 Kicker / Full Forward inside the key where they will have to shoot and kick a drop punt through either goals or cones set up.
* Instructor may modify the distance of the kick depending on ability
* 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
 | **Kicking (Drop Punt)*** Guiding the Ball to foot with one hand
* Holding the ball on either side with fingers facing
* Follow through straight towards the target

**Errors:** * Not watching the ball onto the foot in kicking motion
* Incorrect grip on ball in initial stage
* No follow through with kicking leg

**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

Review of handball 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
 |
| **Warm Down** | Walking together as a groupStretching major muscles of the body (shoulders, back hamstrings, lower back and quadriceps) | Focus in on the skill of kicking asking what are the main points learnt. Even the name of the kick can be a focus.**Kicking (Drop Punt)*** Guiding the Ball to foot with one hand
* Holding the ball on either side with fingers facing
* Follow through straight towards the target
 |