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| **AFL Football Program** | | | | | |
| **Lesson number**  3 | | **Duration of Lesson**  50 mins | **Class Size**  15-20 | | **Level**  12-13 years old |
| **Theme: Marking**  **Focus: Teaching and attempting to master marking the football**  **Learning Objective/s: Successfully marking the AFL football**   * 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 | | | | | |
| **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, Marking** * **Review the previous 2 weeks of AFL, Drop Punt and Handballing** | | | * 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 marking, overhead and chest | |
| **Warm Up**  **One activity** | **Diagram : Relays**    20m  8 m  15 metres  Legend  : students :hoops with ball  : direction to run  : teacher | | | **Common Errors during handball**   * Taking the eyes off the ball * Palms facing down to receive the ball * No stepping forward to release the ball   Common Errors during Kicking   * Not watching the ball onto the foot in kicking motion * Incorrect grip on ball in initial stage * No follow through with kicking leg   **Safety**   * No contact * Checking surface for potholes or dampness * No interceptions on body contact when receiving ball   Description   * Set up 3 teams * Distance is changeable at any time * On command student will run and collect a football * On returning they will complete a handball to the next player * Next person will run to the hoop, around it then run back handballing to the next person * This will continue till all people have completed it   Modificatkion   * Change handballing to kicking * Change to under and over tunnel ball. Add in Last person running to a point specified and handballing to front person before joining the line. | |
| **Skill Development**  **Four activities** | **Activity 1 : Introduction to marking, revision of kicking**  **Diagram**    20m  8 m  15 metres  Legend  : students  : direction to kick  : teacher  Activity 2 **: Kicking / Marking in groups : Overhead Mark**  **Diagram**    20m  8 m  15 metres  Legend  : students  : direction to kick  : teacher  Activity 3 **: Kicking / Marking in groups : Chest Mark**  **Diagram**    20m  8 m  15 metres  Legend  : students  : direction to kick  : teacher  Activity 4 : Marking on the run  **Diagram**    20m  8 m  15 metres  Legend  : students  : direction to kick  : teacher | | | Marking the ball (Overhead and Chest)   * Arms straight out in front of the body * Hands out in front of the eyes in “W” shape 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   Common Errors   * Not getting body under the ball * Holding the ball wrong, hands on the back of ball * Not kicking to the right group   Safety   * Spacing between groups, allow for kicking errors * Students being hit with the ball * Students running into each other   Description : Activity 1   * Students broken up into groups of 9 or 10 and given one football between them * Each group is given 2 cones. One member 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 * The student will then run to the other end. * This continues till all the students from one end, end up lined up the other end   Description : Activity 2   * 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   Progression / Modifications   * One member of the pair will hold the ball up instead of throwing the ball to mark * The other member will run up and mark the ball showing teaching points   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 | |
| **Skill Game**  **Relate to one of the skill development activities** | **Activity 5: Kicking on the move**  **Diagram**  20m  **Gr.1**   * Students stand in a line next to each other * The student on one of the ends starts with the ball and passes it to the person next to them * This continues where the person will handball to the person next to them. * The person in the middle will always kick to the person they haven’t received the ball from * This is repeated until the students reach the end of the court * The people can stop and set for a kick to the next perosn   .1  g.2  g.3  30 meters  Legend  : students  : direction to kick  : teacher | | | **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**   * Students stand in 2-3 groups of 10 * Separate the groups by 10 – 15 metres between each group * Modify groups to 8 to 9 a group * First person in group 1 kicks to group2 then runs through * Group 2 kicks to group 3 and runs through * Group 3 kicks to group 1 and runs through * Focus on the marking on the run or stationary   Modifications   * Change outlay to 4 groups * People will work in straight line and then progress to diagonal work | |
| **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 diatance 4. Defending is to be 1 meter off the player with the ball 5. Only allowed one bounce before getting rid of the ball   **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 skill of kicking asking what are the main points learnt. Even the name of the kick can be a focus.  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 | |

Bibliography

Australian Government, 2013, On line Junior coaching Course, pg 18