



WEEK 1

AFL FOOTBALL

SPORT

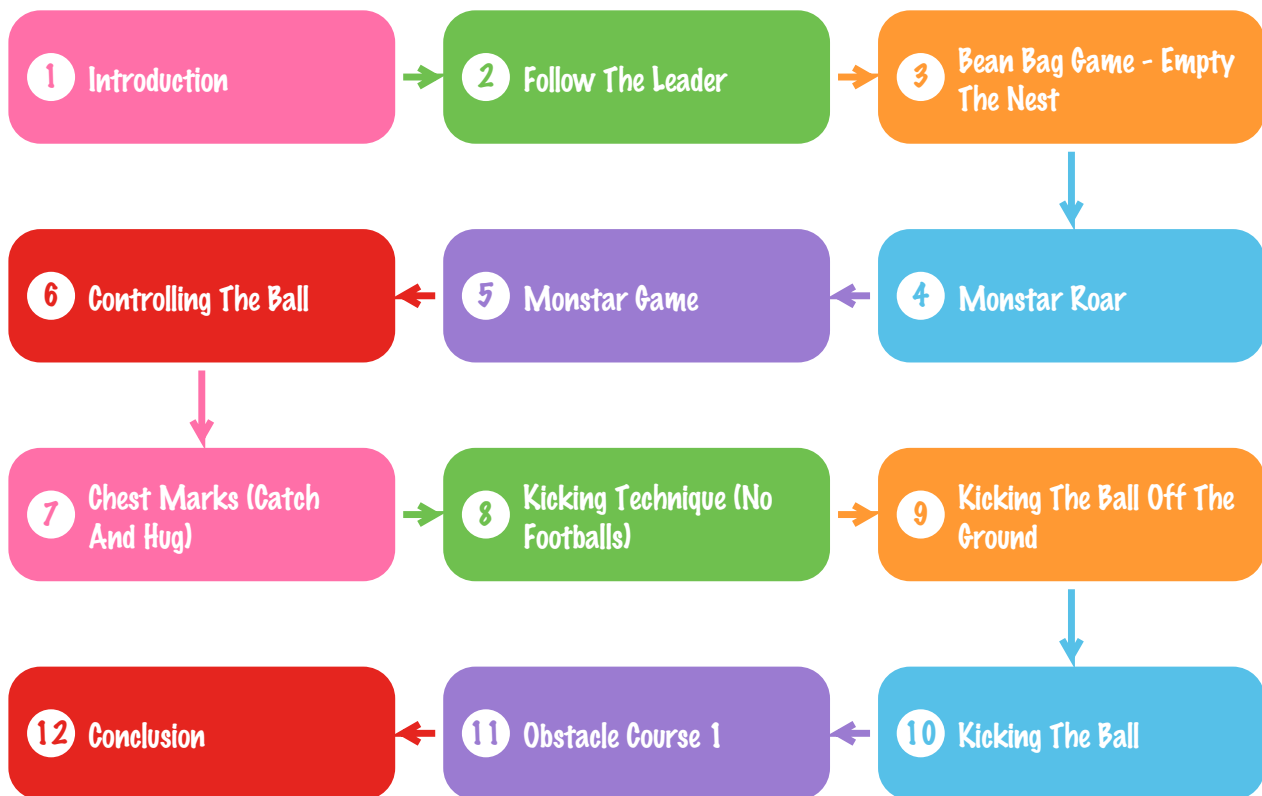


WELCOME TO WEEK 1

YOUR SPORT SESSION

LET'S GET MOVING!

SESSION FLOW · 12 ACTIVITIES



1

Introduction

Welcome the children and the teachers to the program. Introduce yourself and let them know that we are excited to bring our program to their centre. Go through the sports our program covers and what the kids will be learning.

WARM UP ACTIVITIES

2

Follow The Leader

Learn our obstacle course for weeks 1-3. This involves balancing, jumping, landing correctly, running, hurdles, and a forward or side roll. It is important here that we teach the kids the basics of these movements.

- ★ Hoop jumps - jump off two feet, land in the hoop like a motorbike, bend knees, arms out.
- ★ Hurdle jumps - jump off one foot, land on the other foot. Repeat.
- ★ Balance beams / pods - take your time, arms outstretched to help with balance, try to get to the other end without falling.
- ★ Ladders / crocodiles - put your foot between the crocodile teeth, don't touch the crocodile's teeth, repeat for the full ladder.
- ★ Zig zag cones - run and zig zag in between the cones, try not to touch the cones.

3

Bean Bag Game - Empty The Nest

Our first bean bag game for the children. Match the coloured bean bags with the coloured hoops (this is our first of many progressions of our bean bag games). Make a big rectangle / square with the hoops (2 hoops at one end of the space and 2 hoops down the other end). Place all the bean bags in the middle of the space. Children will grab 1 bean bag at a time, and place the bean bag in the same coloured hoop.

- ★ 1 bean bag at a time - use your eyes so we don't have any crashes - match the bean bag with the hoop.

SKILL ACQUISITION

4

Monstar Roar

Kids are to practice their monster faces, as they need to turn into monsters when they tackle our tackle bag, Mikey Monstar. (They will practice their tackling during the obstacle course.)

5

Monstar Game

The children are to hug their ball, and the coach will count down from 3. When the coach says 1, the children are to run (holding onto the ball) past the coach without getting tagged by the coach / monster. The children are to run to the 'safe zone' which is set up by the cones. Let the children know it is very important that they use their eyes so they don't have any crashes. Repeat 3-4 times.

★ Hold onto the ball, use your eyes so we don't have any crashes, dodge the coach, stop in the 'safe zone'.

6

Controlling The Ball

Line the children up in a straight line. The children are to place the ball on the ground. The children are to get their 'Spiderman hands' ready (fingers pointing down to the ground and palms facing the ball), bend their knees, and tap the ball using their hands (one at a time – back and forward). The children are to control the ball up to the other end and all the way back. You may need to let the children know to use both hands one at a time – sometimes they can tend to use just their dominant hand.

★ Fingers point down to the ground, palms out, bend your knees, arms back and forward.

7

Chest Marks (Catch And Hug)

Place the football in your hands with your arm straight. Throw the ball up in the air – keep your eye on the ball – 'catch and hug'.

8

Kicking Technique (No Footballs)

Line the children in a straight line. Have the children repeat after the coach: Soldier, Arms Out, Eyes Over the Ball, 1, 2, Kick. Repeat twice.

9

Kicking The Ball Off The Ground

(Working on the children's leg swing.) Line the children up in a straight line. The children are to place the ball on the ground and repeat after the coach, using their loud voices: Soldier, Arms Out, Eyes Over the Ball, 1, 2, Kick. Repeat 4-5 times.

10

Kicking The Ball

Line the children up in a straight line. The children are to repeat after the coach: Soldier, Arms Out, Eyes Over the Ball, 1, 2, Kick. Let the children know that it is important that they drop the ball onto their foot and not throw it. Repeat 4-5 times.

11

Obstacle Course 1

Working on their running, balancing, jumping and landing, side or forward roll, and tackling of Mikey Monstar.

12

Conclusion

Sit the children down and run through all the different skills and activities we have learned in our first week of AFL. Ask the children what their favourite part of today's session was, and let them know that we have two more weeks left before we change sports.



**END OF
WEEK 1**