



AUSTRALIAN FOOTBALL



Session 4

During this session, children will learn the skill of bouncing the football in a controlled environment. This is one of the basic skills of Australian Football. **Teaching points** will include having the guiding hand on the side of the ball, bending the arm at the elbow, pushing down with one hand, fingers pointing straight to the ground. When walking or jogging, bounce the ball further in front allowing the body to move into it.

BOUNCING

FOR THIS SESSION YOU WILL NEED

Time (60 minutes), Footballs x 15, Markers x 15, Whistles x 1

WARM-UP

Time (10 minutes), Warm-up Area (4m x 10m), Markers x 4, Whistles x 1

HERE, THERE & EVERYWHERE

Children run on command to coach/teacher (Here), a marker or another person (There) and anywhere on the field (Everywhere). Children can run, hop, skip or jump to the markers.

RED ROVER

One child is "it" and stands in the middle, with all the other children facing him/her. He/she calls out a child by name and tries to tag them, if the tag is missed, all other children attempt to run past the tagger to the other side, without being touched. If a player is tagged, they join the original tagger in the middle.

BOUNCING

Time (30 minutes), Footballs x 15, Cones x 30, Whistles x 1

BOUNCING

1. Introduction of how we bounce in a game. Do not show them the wet weather bounce yet (see below).
2. Demonstration of Bounce
3. Practise Bouncing – on knees
4. Practise Bouncing – standing still
5. Practise Bouncing – walking

Emphasise holding the ball with two hands, bouncing with one hand and catching with two. Demonstrate that the ball must hit the ground at an angle of 45 degrees if it is to return to your hands.

Note: The bounce is a very hard skill, emphasise to the children that there will be a lot of them who cannot do the skill at first, emphasise that it will take time. Use the relays below to make it more fun.

SKILL GAME – Bounce Relay

- Set up 4 cones, 10 metres apart
- Divide children into 2 equal groups, lined up behind each other
- Children run from first cone, bouncing the ball at the second, third and fourth cones
- They then tuck the ball under their arm and run back to the first cone, handing the ball to the next person in line
- The first team to get back is the winner

Run this two more times and then tell them that an alternative is to touch the ball on the ground using two hands.

Run this two more times and watch for children who will use two hands but not touch the ground, or who will attempt to use one hand and lose possession of the field

Then run it one more time, emphasising that they can either bounce or touch on the ground, reminding them that it is always quicker to bounce the ball. Encourage them to back themselves.

FOOTY BASEBALL

Time (20 minutes), Footballs x 1, Markers x 4, Whistles x 1
See Skill Games