



# AUSTRALIAN FOOTBALL



## SKILL GAMES

These Skill Games are designed for children to hone their kicking, marking and handballing skills in a fun situation. These skills are fundamental to the playing of Australian Football.

## SKILL GAMES

### FOR THIS SESSION YOU WILL NEED

Time (60 minutes), Footballs x 1, Markers x 4, Set of Bibs x 2, Whistles x 1

### WARM-UP

Jog to end of the field and back.

### HANDBALL GAME

Time (30 minutes), Footballs x 1, Cones x 4, Whistles x 1

Can vary game time.

No kicking. The ball is moved around the field using handball, and goals are scored by handballing the ball into the goals. If there are no goals, use markers at each end as a substitute.

- 2 teams
- 7 - 9 players per side
- Basketball court playing size area, with goals (markers) at each end.
- Can also be played on outdoor soccer field
- Each team selects a goalkeeper who guards the goals
- Game is started with a ball up between 2 centre players
- Players use handball only (no kicking) to pass the ball to each other
- If ball goes out of bounds, it is handballed back into play by the nearest opponent
- Team scoring most goals wins.
- No body contact allowed (free handball from where offence occurred or free shot for goal from penalty spot)
- Player with ball cannot barge through other players, must evade
- After a goal is scored, play is re-started with a jump ball in the centre

### FOOTY BASEBALL

Time (30 minutes), Footballs x 1, Cones x 4, Whistles x 1

Can vary game time.

- Formation: Diamond or Square using cones. Vary distance between them according to age of children
- Two teams – batting team and fielding team
- Fielders stand anywhere within the playing area
- The batting team lines up behind home base
- The first batter kicks the ball into the field and runs to first base and, if possible, continues on to second base, third base or home base
- Batters can only kick, not handball
- The fielding team retrieve the ball and attempt to hit the runner while he/she is off the base
- The ball may be kicked to another fielder but must be handballed at the runner
- Foul ball played as in baseball. Ball must be kicked between cones
- Runners must not overtake or pass other runners
- When each member of the batting team has had a turn, the teams change over
- The team with the greater score wins
- Scoring: One point per home run

#### Getting Out

A runner is out if

1. a fielder catches the ball on the full
2. a runner passes another runner or goes to a base that is already occupied
3. a fielder hits a runner with the ball while the runner is off the base
4. a fielder with the ball touches the base that a runner is attempting to reach