

5 SESSION AUSSIE RULES PROGRAM

# GRADE 1-3

Calgary Kangaroos Australian Football Club

School Program, 30-45 min Sessions

For more information email [auskick.calgary@gmail.com](mailto:auskick.calgary@gmail.com)

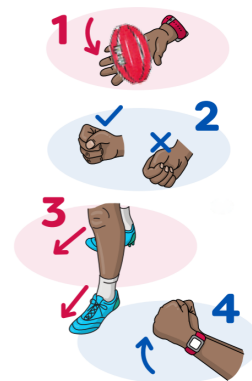


[WWW.AUSKICK.CA](http://WWW.AUSKICK.CA)

## Activity #1 How to Handball (0-5 min)

### What to do

- Players will lay their non-dominant hand flat like a pancake to rest the football on.
- Players will then make a fist with their dominant hand like they are holding an ice cream cone. Make sure the players thumb is on the outside of the fist.
- Players will stagger their feet, keeping the same foot forward as the pancake hand.
- Players will then bump the football off their pancake hand with their ice cream cone, splatting the ice cream onto the football whilst catching their hand with the pancake hand.



## Activity #2 Handball, Handball (5-10 min)

### What to do

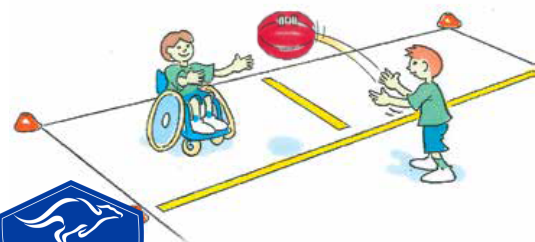
In pairs (groups of 2), players face their partner approximately 1 metre apart. With 1 football per pair, players handball the football back and forth seeing how many times the pair can handball the football before dropping the football. If the football is dropped, start again from 0 handballs.

### What you need

- 1 Football per pair.
- Optional- markers to separate pairs.

### Change it up

- **Sitting-** Pairs remain seated for the activity.
- **Timed-** Pairs see how many handballs they can get in a set period of time (e.g. 1 minute).
- **Race-** Pairs see who can get to a set number of handballs first (e.g. 20 handballs). Sit when finished. Can be consecutive handballs without hitting the ground or non-consecutive handballs.



## Activity #3 Back to Back Pass (5-10 min)

### What to do

In pairs (groups of 2). Players stand back to back and pass 1 football from side to side to one another. Explore different passes being high, low, through the legs, over the head and making up new passes. Players see how many successful passes they can make without dropping the football.

### What you need

- 1 Football per pair.

### Change it up

- **Sitting-** Pairs remain seated for the activity.
- **Timed-** Pairs see how many passes they can get in a set period of time (e.g. 30 seconds).
- **Race-** Pairs see who can get to a set number of passes first (e.g. 20 passes). Sit when finished.



# 1-3

## SESSION #1

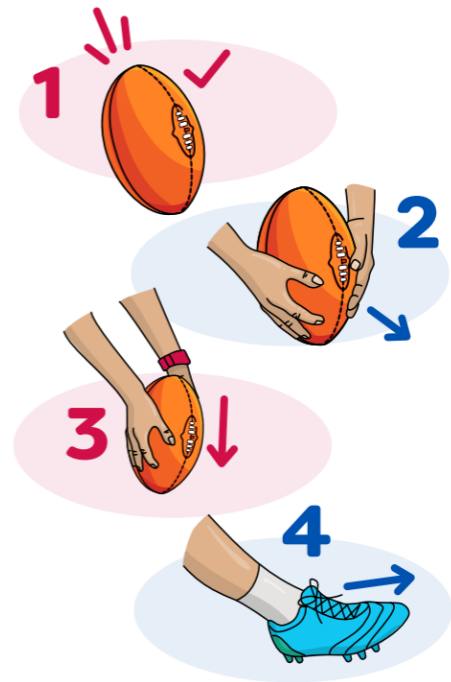
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### Activity 4 How to Kick (0-5 min)

#### What to do

##### Kicking out of the hands

- Player keeps the football vertical in their hands, with the laces pointing out front and the football slightly over the players kicking leg.
- Player grips the football loosely and relaxes their arms so that they are straight down.
- Player will then guide and drop the football down to their preferred kicking leg.
- When kicking the football, players will bring their foot towards the ball whilst pointing their toes where they want the ball to go. The aim is to make contact with the base of the football on the shoelaces.
- Coach can pretend that the football is a face with the hands going over the ears (side of the ball), nose to the front (rubber valve in the laces) and kicking the ball on the chin (bottom) of the football.



### Activity #5 Longest Kick (10-15 min)

#### What to do

On the signal, players will kick the football out forward seeing how far they can kick the football. Players will then remain in the kicking zone. On the signal, players will then go and get their football returning to the kicking zone to get ready to kick the football again.

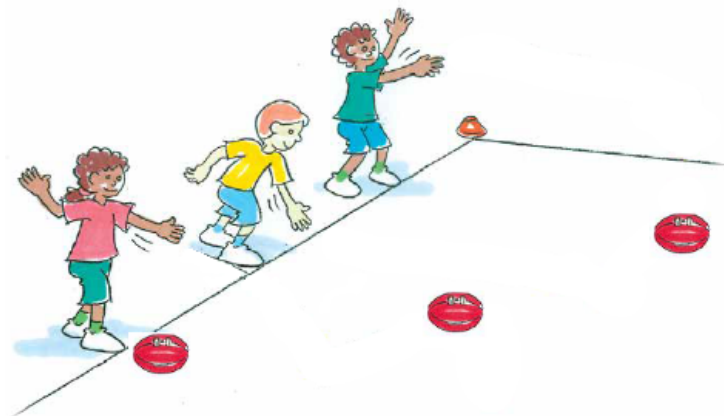
If there are not enough footballs for one per person, players will kick in pairs with pairs alternating kicks.

#### What you need

- 1 Football per person or 1 football per pair.
- Markers to mark out the kicking zone or a line on the ground.

#### Change it up

- **Challenge-** Place markers on the ground for players to kick their football past.
- **Opposite-** Players try to kick with their opposite foot.
- **On the full-** Players try and see who can kick the football the furthest without the football rolling along the ground.



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## SESSION #2

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### Activity #1 Stork Handball Tag (10-15 min)

#### What to do

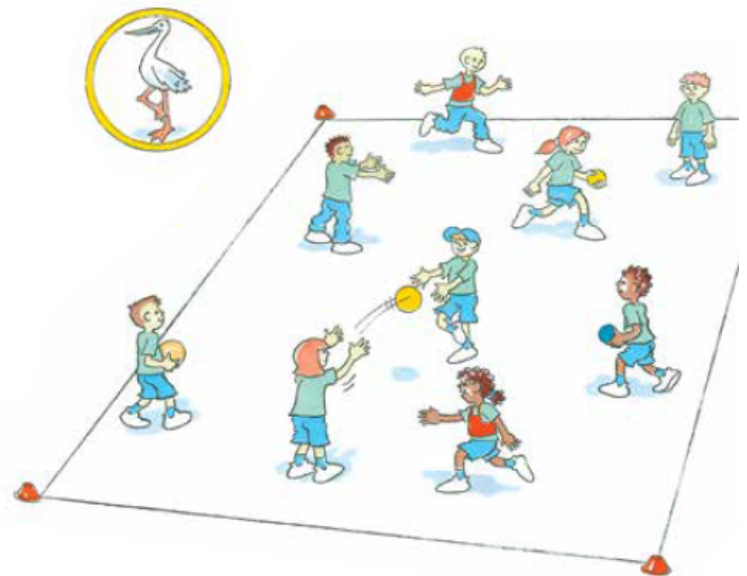
Taggers try and tag the runners who if tagged, stand in a stork position. A tagged runner can be freed by another runner by exchanging the football with a handball. Either a stalk or free runner can handball the football. Half the runners have footballs with 2 or more taggers within a marked area (min 15x15m). The game will continue for a set period of time (e.g. 2 minutes) or until all runners have been tagged.

#### What you need

- Footballs. 1 per player, 1 per every second player.
- Markers to mark playing area (min 15x15m).
- Pinnies for taggers.

#### Change it up

- **Footballs**- All players to have a football. If tagged, player puts football under their foot.
- **Taggers**- Change up taggers frequently.
- **Runner**- If football is dropped with the handball, both players become storks.
- **Tag-free Islands**- Players cannot be tagged on islands.



### Activity #2 Balancing Act (5-10 min)

#### What to do

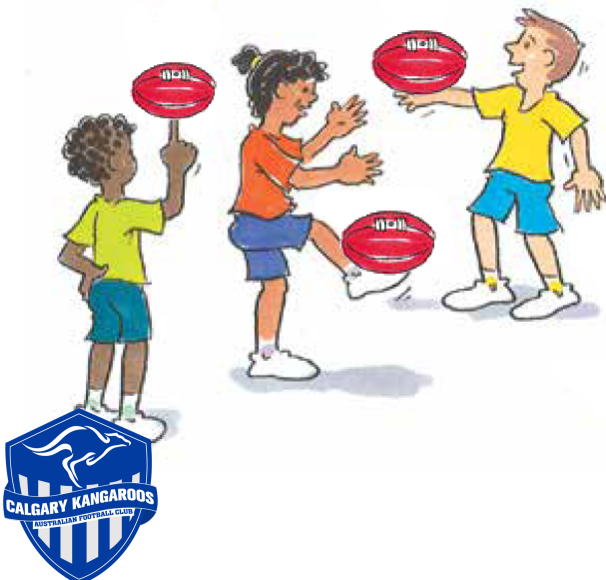
Players try to balance the football on different body parts such as the foot, neck, head, knee, palm, back of the hand or elbow.

#### What you need

- Footballs.

#### Change it up

- **Moving**- Players try walking or lying down and getting back up whilst balancing the ball.
- **Jump**- Players try jumping the object from body part to body part.
- **Creative**- Players try to create their own balancing act.



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## SESSION #2

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### Activity #3 Goal Kicking (10-15 min)

#### What to do

On the signal, players will kick the football and try and score 6 points through the two middle poles. If the player hits a large pole or kicks it through a large and small pole they receive 1 point. Players will then remain in the kicking zone. On the signal, players will then go and get their football returning to the kicking zone to get ready to kick the football again.

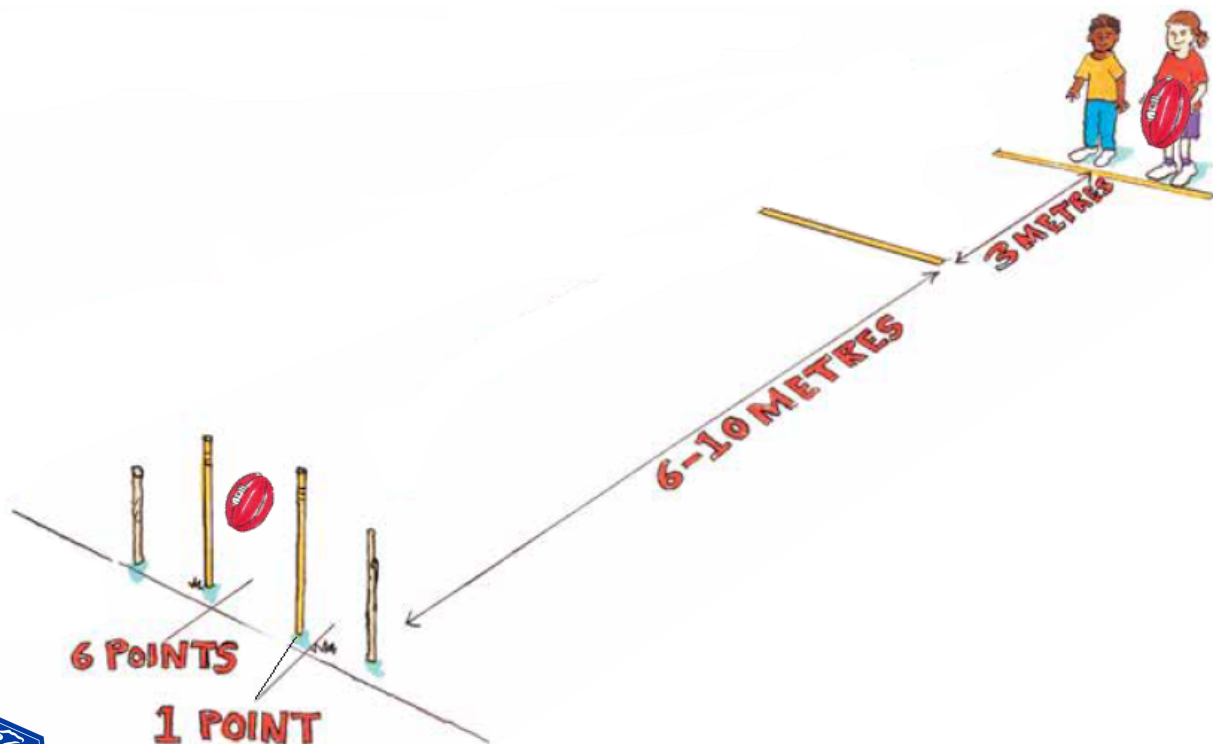
If there are not enough footballs for one per person, players will kick in pairs with pairs alternating kicks.

#### What you need

- 1 Football per person or 1 football per pair.
- Markers to mark out the kicking zone.
- 4 Posts (Flags, stakes etc). 6 Large steps apart.

#### Change it up

- **Opposite**- Players try to kick with their opposite foot.
- **Distance**- Players kick from different lengths from the goals.
- **Angle**- Players kick from different angles from the goals.
- **Scoring**- Have players keep count of how many points they can get from a certain number of kicks.



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## SESSION #3

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### Activity #1 Rob the Nest (10-15 min)

#### What to do

Players are placed into 4-6 teams of 5 players. 1 player at a time runs into the middle and grabs a football and returns to their base. The player then handball's the football to the next player in line who then collects a football.

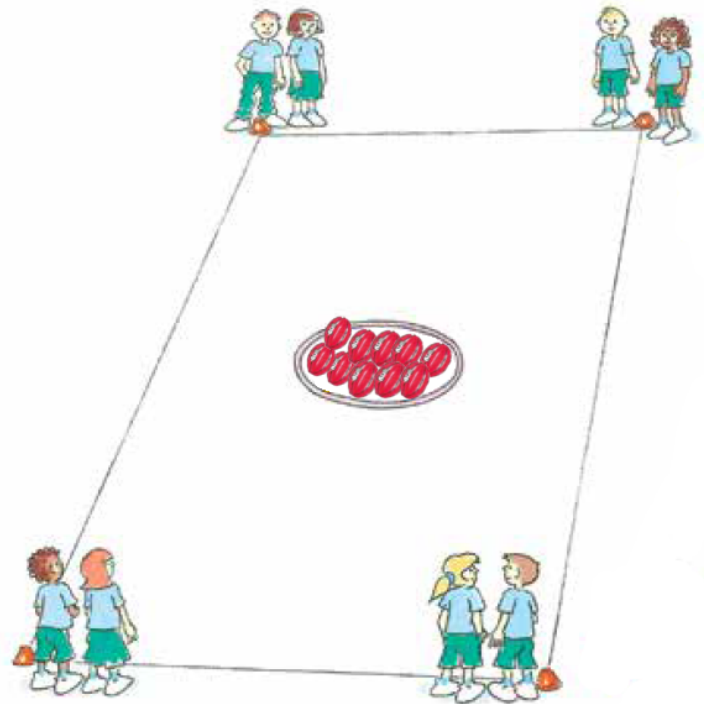
The aim is to collect the most footballs until all the footballs are out of the middle.

#### What you need

- 20-30 Footballs or other types of balls.
- Markers to mark out each base. Minimum 15m to the middle.

#### Change it up

- **Handball**- Players have to handball unless the football is returned to the middle.
- **Steal**- After the footballs are out of the middle, players may steal from opposition groups.
- **Activity**- Players required to do an activity such as a figure 8 before returning to home base.
- **Points**- Different point values can be used for certain types or color of footballs.



### Activity #2 Trick Marking Challenge (5-10 min)

#### What to do

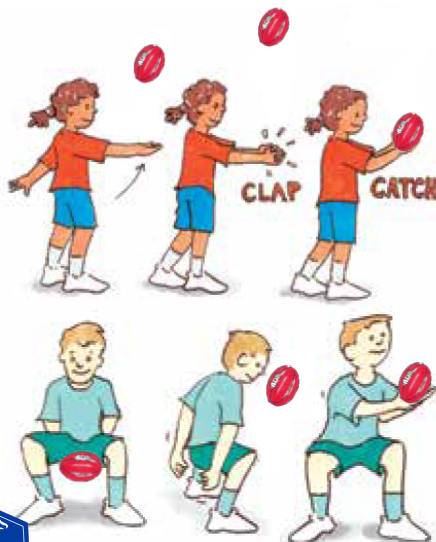
Players spread around the playing area and try progressively harder marking challenges and tricks on their own, pairs or groups of 3. Different marking challenges include how many claps prior to marking, throwing the ball between your legs and marking, marking the ball behind your back and getting the players to create their own marking challenge.

#### What you need

- Football or other type of ball each.

#### Change it up

- **Scoring**- Act as a judge and give scores for tricks.
- **Balance**- Try balancing on one leg or hopping on one leg.
- **Handball**- Players handball the football into the air prior to marking the ball instead of throwing the ball.



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## SESSION #3

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### Activity #3 Team Goal Kicking (10-15 min)

#### What to do

Players are separated into teams of 5-6. The required numbers of markers are placed on the ground a similar distance from the goals at different angles with one group per marker. On the signal, one player at a time will kick the football and try and score 6 points through the two middle poles. If the player hits a large pole or kicks it through a large and small pole they receive 1 point. Players will then move to the back of their line and wait until everyone has kicked their football. On the signal, players will then go and get their football and move onto the next marker so that each group kicks from all of the markers.

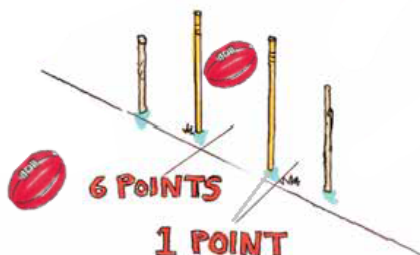
If there are not enough footballs for one per person, players will kick in pairs with pairs alternating kicks.

#### What you need

- 1 Football per person or 1 football per pair.
- Markers to mark out each kicking group.
- 4 Posts (Flags, stakes etc). 6 Large steps apart.

#### Change it up

- **Opposite-** Players try to kick with their opposite foot.
- **Distance-** Players kick from different lengths from the goals.
- **Angle-** Players kick from different angles from the goals.
- **Scoring-** Have players keep count of how many points they can get from a certain number of kicks.
- **Team Scoring-** Have groups keep count of their collective number of points. This can be done on a round to round basis, or overall score.



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## SESSION #4

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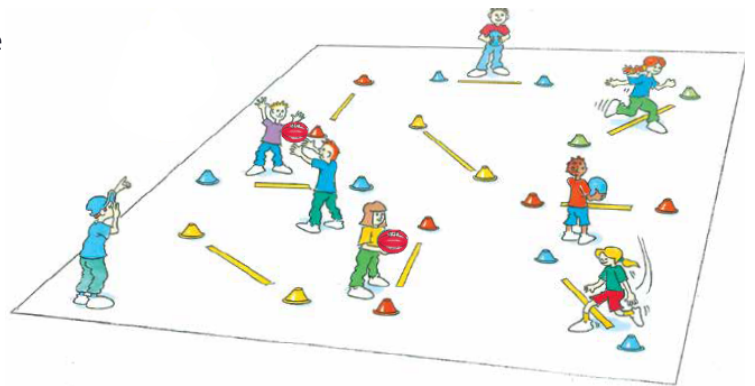
### Activity #1 Speed Gate Handballing (10-15 min)

#### What to do

In pairs (groups of 2) players will handball the ball back and forth to each other 3 times through a gate indicated by 2 markers on the ground. After 3 successful passes the pair will then move to a new gate.

Players will move from gate to gate for a designated amount of time (e.g. 2 minutes) with pairs counting the number of gates they go to or total number of handballs. At the conclusion of the round, the player that does not have the football will find a new partner who does not have a football and a new round will begin.

If a pair is already at a gate, another pair cannot use that gate until the original pair has completed their handballing.



#### What you need

- 1 Football per pair.
- Markers to indicate the gates on the ground.

#### Change it up

- **Number-** Vary the number of handballs required at each gate.
- **Gates-** Have more or less gates to make the drill harder or easier.
- **Opposite-** Make players use their opposite hand.



### Activity #2 Fun on the Spot (5-10 min)

#### What to do

In an unobstructed area, players spread out and follow the actions of you the leader. The leader calls variations of activities to do on the spot which last for approximately 30 seconds.

Activities can include star jumps, bum kicks, high knees, clapping behind your back or between your legs, arm circles, bouncing like a kangaroo, waddling like a penguin, hopping on one foot and whatever else you can think of.

#### What you need

- An unobstructed area.

#### Change it up

- **Random fun-** Players move all over the place any way they like, on the call 'fun on the spot' they return to their original stationary spot.





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## SESSION #4

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### Activity #3 Bullseye Kicking (10-15 min)

#### What to do

A bullseye target is set up with a parachute, chalk or spray paint in front of the kicking zone. On the signal, players will kick the football and try and land their football on the target area without bouncing or rolling to a stop on the target. Create point values for each area of the bullseye target with the middle the highest value, get creative. Players will then remain in the kicking zone. On the signal, players will then go and get their football returning to the kicking zone to get ready to kick the football again.

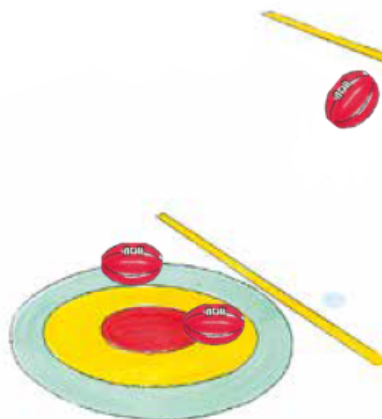
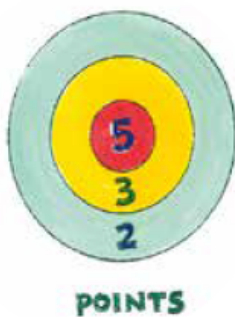
If there are not enough footballs for one per person, players will kick in pairs with pairs alternating kicks.

#### What you need

- 1 Football per person or 1 football per pair.
- Markers to mark out the kicking zone.
- Parachute, chalk or spray paint to construct a bullseye target.

#### Change it up

- **Opposite-** Players try to kick with their opposite foot.
- **Distance-** The kicking zone is moved closer or further away to make the activity easier or harder.
- **Race-** First player to get a designated number of points.
- **Handball-** Bullseye kicking can also be used with a throw or handball.
- **Target-** Make the bullseye target larger or smaller to make the activity easier or harder.



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## SESSION #5

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### Activity #1 Flip It (10-15 min)

#### What to do

Players are divided up into 2 teams with each player receiving a marker. Any left over markers should be placed within the playing area. One team places their markers with the large side up (dish) on the ground with the other team placing their markers with the large side down (domes) on the ground.

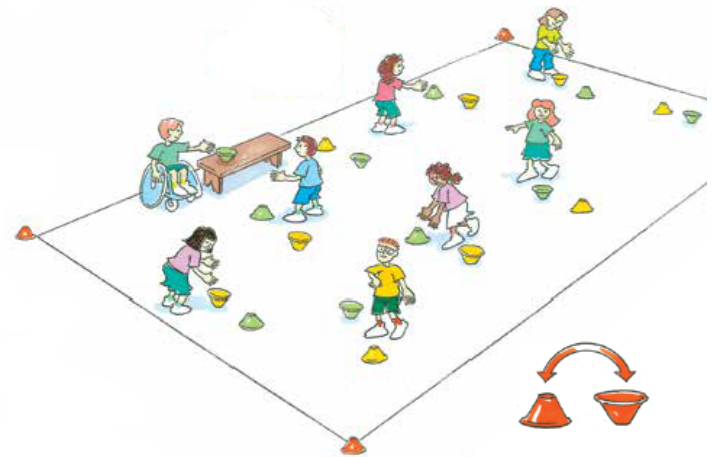
On the signal, players run around the area flipping the oppositions markers to match their own. Play for a set period of time (e.g. 2 minutes) with the winning team having the most domes or dishes.

#### What you need

- A marked playing area (approx 15x15m).
- At least 1 marker per player.

#### Change it up

- **Size-** Make the playing area larger or smaller.
- **Separation-** Vary the separation between markers.



### Activity #2 Self Passing (5-10 min)

#### What to do

Players have one football each. Players will copy the coaches movements with their football. Players will copy the coach in self passing with activities such as passing the ball around the waist, knees, ankles and neck, figure 8, flick figure 8 and any other activities the players or coach can think of.

#### What you need

- 1 Football per person.

#### Change it up

- **Balance-** Try the following activities whilst balancing on one leg. Pass the football around your raised leg.
- **Race-** Race to see who can get a set amount of self passes first. Players to sit down when finished.



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## SESSION #5

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### Activity #3 L-O-N-G Handball (5-10 min)

#### What to do

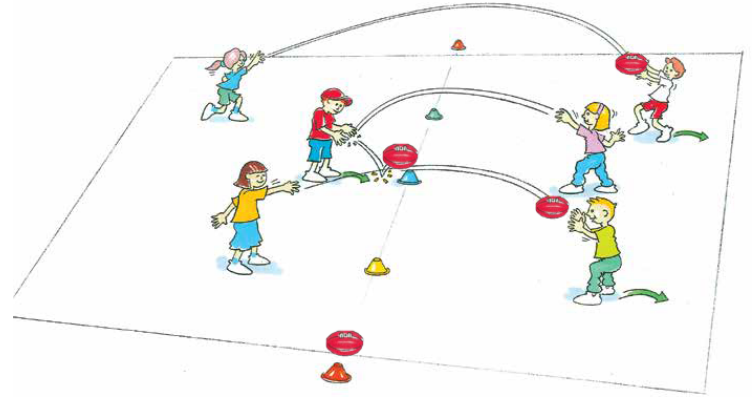
In pairs (groups of 2) players will stand 1 metre apart from each other with 1 football per pair. On the signal players will handball the ball back and forth to each other. If the handball reaches the catcher on the full and is successfully caught, the 2 players take one step back from each other. If the handball is dropped both players take a step forward. The winning pair is the one who is furthest apart at the conclusion of a set time period (e.g. 2 minutes).

#### What you need

- 1 Football per pair.

#### Change it up

- **Balance**- Players balance on one leg when handballing the football to each other.
- **Opposite**- Players use their opposite hand.



### Activity #4 Goal Kicking (10-15 min)

#### What to do

On the signal, players will kick the football and try and score 6 points through the two middle poles. If the player hits a large pole or kicks it through a large and small pole they receive 1 point. Players will then remain in the kicking zone. On the signal, players will then go and get their football returning to the kicking zone to get ready to kick the football again.

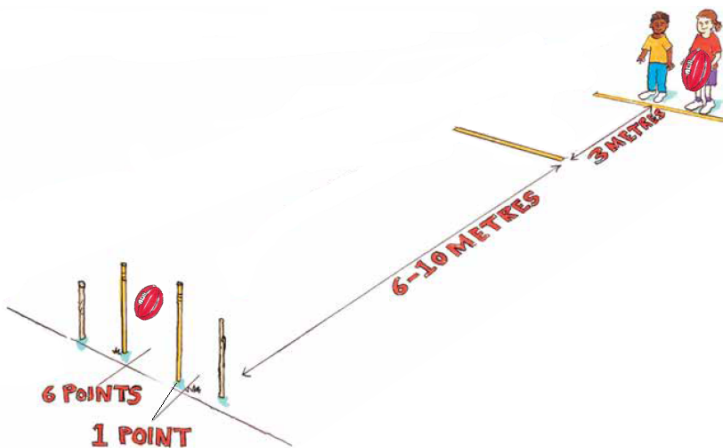
If there are not enough footballs for one per person, players will kick in pairs with pairs alternating kicks.

#### What you need

- 1 Football per person or 1 football per pair.
- Markers to mark out the kicking zone.
- 4 Posts (Flags, stakes etc). 6 Large steps apart.

#### Change it up

- **Opposite**- Players try to kick with their opposite foot.
- **Distance**- Players kick from different lengths from the goals.
- **Angle**- Players kick from different angles from the goals.
- **Scoring**- Have players keep count of how many points they can get from a certain number of kicks.



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## EXTRA ACTIVITIES

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### Activity #1 Here, There, Everywhere (5-10 min)

#### What to do

On a call from the coach, players will run in the direction that the coach has called (left, right, forwards and back) within a designated area. When the coach blows his/her whistle the players will stop on the spot.

#### What you need

- A marked playing area (approx 20x20m).

#### Change it up

- **Crazy-** Try crazy walk like hopping like a kangaroo, walking like an elephant etc.
- **Stop-** When the coach blows the whistle and the players stop on the spot, players do an activity like star jumps or have to make a specific pose.



### Activity #2 Relay Races (5-10 min)

#### What to do

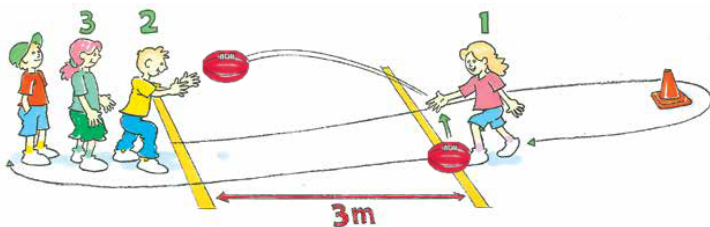
Players are divided into teams of 4-5. On the signal the first person will run with a football to a marker out in front, return to the team and on the way back handball the football to the team-mate next in line and goes to the back of the line. This pattern continues until all players have had a turn.

#### What you need

- 1 Football per team.
- Markers to indicate the starting position and turning point.

#### Change it up

- **Pick-up-** On the way to the turning point, players place the ball on the ground halfway between the start and turning point. Players then pick up the football on the way back prior to hand balling to the next player in line.
- **Activity-** Players have to do an activity at the turning point (e.g. 10 star jumps).



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## EXTRA ACTIVITIES

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### Activity #3 Take a Seat (5-10 min)

#### What to do

In pairs (groups of 2) one player leans against a wall in a seated position and does a variety of ball handling activities. Players then switch and the second player does the ball handling activities.

Players can perform activities such as around the world, bounce off the knees and throw and catch to yourself and partner.

#### What you need

- 1 Football per pair.

#### Change it up

- **Both-** Both players lean against the wall and pass to each other.



### Activity #4 Boundary Pass (5-10 min)

#### What to do

In pairs (groups of 2), one player stands on the edge of a marked square with a football whilst the other player stands in the middle of the square.

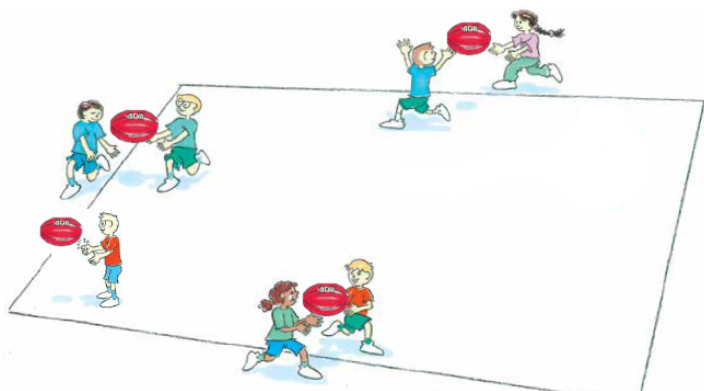
On the signal the player in the middle will run to any player on the outside of the square where they will handball the football back and forth. Once the handball is complete the player in the middle will then run to another player and repeat the handballing. Play for a designated amount of time (e.g. 2 minutes), and then the pairs will swap places.

#### What you need

- 1 Football per pair.
- Markers to mark out a playing area (Approx 15x15m).

#### Change it up

- **Opposite-** Players use their opposite hand to handball.
- **Change-** After the outside player handballs to the player in the middle, the middle player takes the outside player's place.
- **Multiple-** Increase the number of handballs between the two players.



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## EXTRA ACTIVITIES

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### Activity #5 Handball, Handball, Handball (10-15 min)

#### What to do

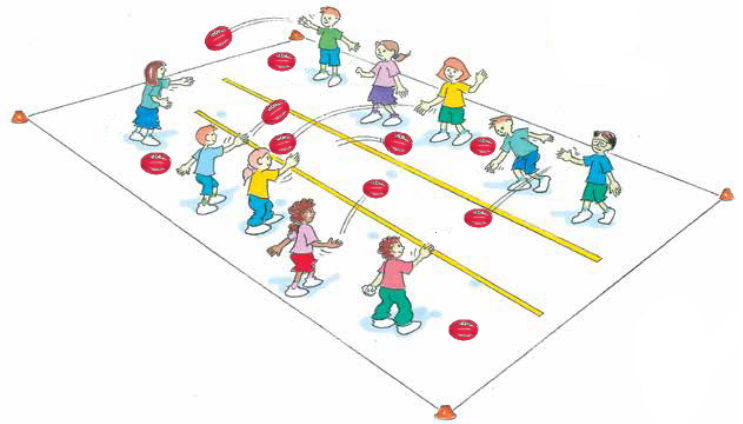
Players are divided up into 2 teams and the footballs are divided evenly between the 2 teams facing each other. On the signal, players handball the footballs across a middle line onto the other teams side. Players will continually pickup and handball footballs back over the middle line until a designated amount of time has expired (e.g. 2 minutes). The winning team is the team that has the fewest footballs on their side.

#### What you need

- Footballs.
- Markers to mark out the playing area (approx 20x20m) and middle line.

#### Change it up

- **Opposite-** Players handball with their opposite hand.
- **No-Go-** Place a no go zone in the middle of the playing area to increase the distance from the middle line.
- **Sitting-** Players sit down during the activity.



### Activity #6 Pirates Footy (5-10 min)

#### What to do

One player or the coach, the pirate stands with their back to the group. The treasure (football) is placed one metre behind the pirate. The group lines up in a straight line 15 metres behind the pirate. When the pirates back is turned, the group approaches the pirates treasure. If the pirate turns around, the group must stand still. If anyone moves the pirate will say their name and they must go back to the starting line. When the pirate turns around again the game continues. When someone grabs the pirates treasure they run back to the start before the pirate can tag them. Swap pirates after each game.

#### What you need

- Football for the treasure.
- Markers to mark the starting position.

#### Change it up

- **Moving-** Have the group hop or other movements towards the treasure.
- **Freeze-** Have the group freeze in different poses when they freeze.

