

5 SESSION AUSSIE RULES PROGRAM

GRADE 10-12

Calgary Kangaroos Australian Football Club

School Program, 50-70 min Sessions

For more information email auskick.calgary@gmail.com



WWW.AUSKICK.CA

10-12

SESSION #1

CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB
HIGH SCHOOL PROGRAM- GRADE 10-12

Activity #1 Reaction Ground Ball Pick-up (10-15 min)

What to do

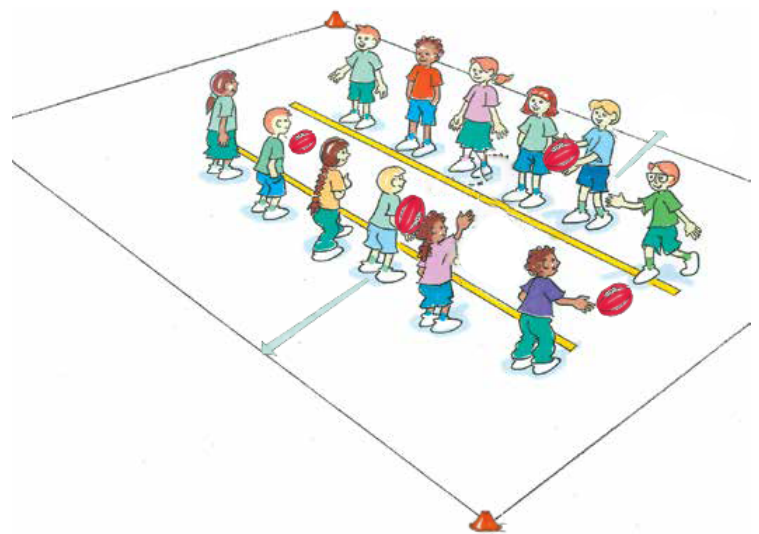
In pairs (groups of 2) players will stand arms length apart with each player on either side of a central line. Players will stand up straight with their hands behind their backs and a football on the ground between the two players. On the coaches call, the two players will react and try and pick up the football first. If the players both grab the ball at the same time, the two players will play rock, paper, scissors to decide the winner.

What you need

- 1 Football per pair.
- Markers to mark out the playing area. 15m line behind each player for change it up.

Change it up

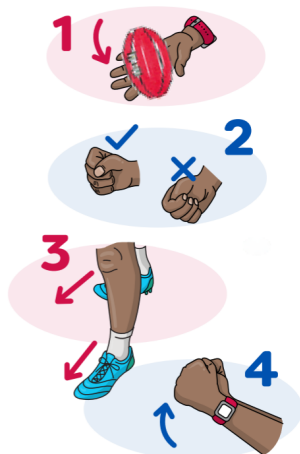
- **Run-** After the winning player gains possession of the football, they will then run to the line directly behind. The opposition player will then try and tag the winning player before they reach the line.
- **Body Movements-** Have players perform different body movements prior to the coaches signal such as hands on head, knees, feet etc.
- **Partner-** Have players swap partners.



Activity #2 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.



10-12

SESSION #1

CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB
HIGH SCHOOL PROGRAM- GRADE 10-12

Activity #3 Handball, Handball (10-15 min)

What to do

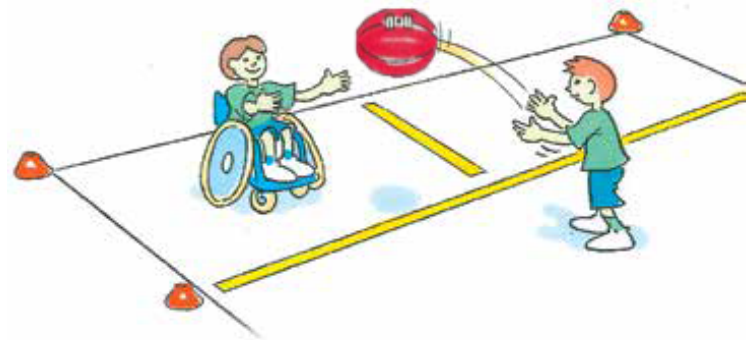
In pairs (groups of 2), players face their partner approximately 1 metre apart. With 1 football per pair, players handball the ball back and forth seeing how many times the pair can handball the football before dropping the ball. If the ball is dropped, start again from 0 handballs.

What you need

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

Change it up

- **Two**- Pairs handball a football each at the same time.
- **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.
- **Four**- Pairs join together to make a four and handball all footballs in a square at the same time.

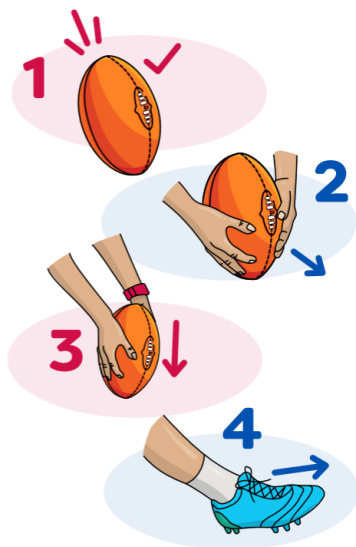


Activity #4 How to Kick (0-5 min)

What to do

Kicking out of the hands

- Player keeps the football vertical in their hands, with the laces pointing out front and the ball 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 football 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.



10-12

SESSION #1

CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB
HIGH SCHOOL PROGRAM- GRADE 10-12

Activity #5 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.

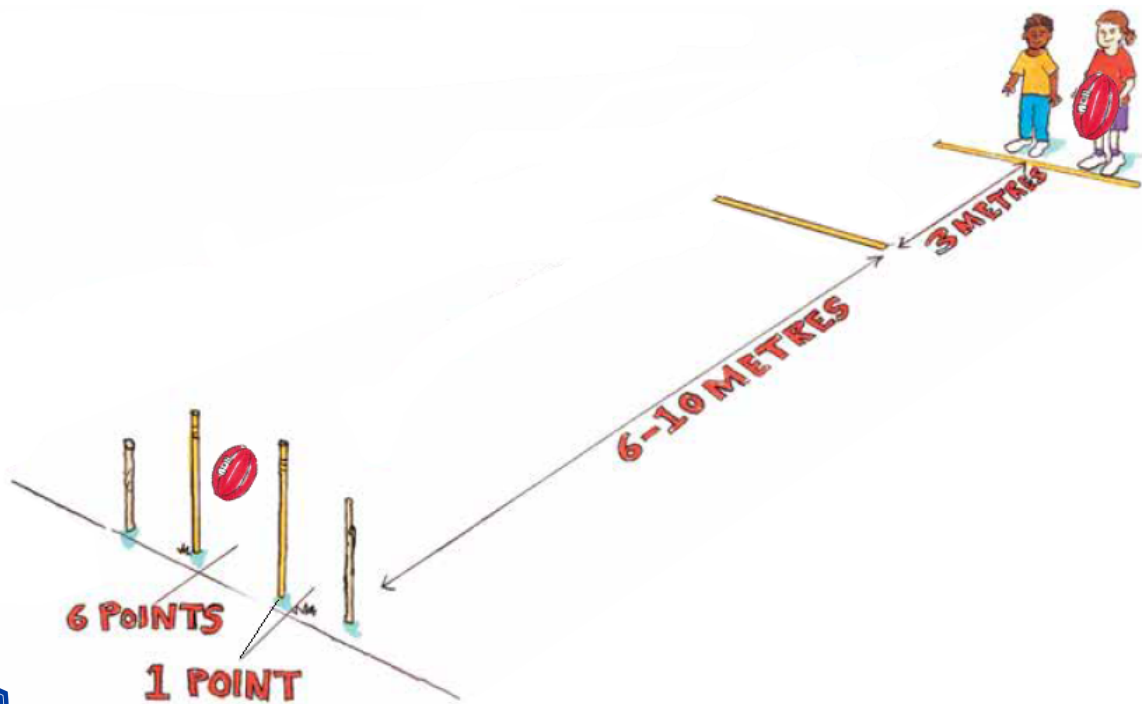
If there are not enough footballs for one per person, players will kick in pairs with pairs alternating kicks.

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.
- **Long**- Have a competition to see which player can kick the football the furthest with and without bouncing.



10-12

SESSION #2

CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB
HIGH SCHOOL PROGRAM- GRADE 10-12

Activity #1 Dynamic Warm-up (5-10 min)

What to do

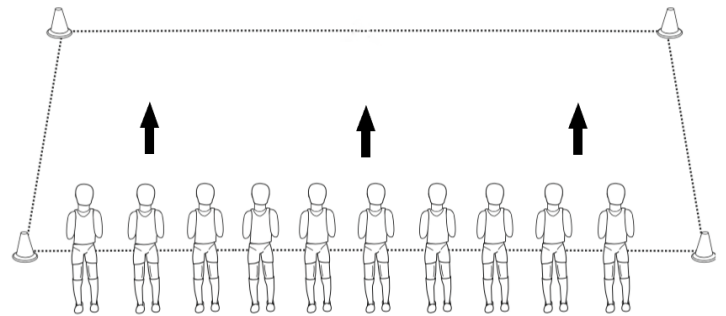
Players line up between two markers and perform dynamic warm-up activities 20 metres out in front to replicate movements of Australian Football. Movements include a jog through, backwards with a turn to jog, sideways shuffle, high knees and heels, grapevine, direction change and 80% sprint. Players will also perform stationary dynamic exercises like leg swings, lunges and squats.

What you need

- Markers to mark out the warm-up area 20m in length.
- Football per lane.

Change it up

- **Football-** Incorporate a football into the drill with one individual out in front hand balling to players in groups of 5-6.
- **Activities-** Change up activities, have players run the dynamic warm-up,



Activity #2 Handball Lanes (10-15 min)

What to do

Players are divided into teams of 3-4 behind each marker. The player with the football will handball to the player on the opposite marker and then run through to the end of that line. The player receiving the football will then handball to the next player at the starting marker. Players should be on the move when hand balling and receiving the football. Use both hands to handball.

What you need

- 1 Football per lane.
- Markers to mark the lanes. Lanes should be approx 10m apart for hand balling and 30m for kicking.

Change it up

- **Ground Balls-** Have one end of the lane role the football to the opposite marker. Once the player retrieves the ground ball they will handball the football back to the starting marker.
- **High Balls-** Have one end of the lane throw the football into the air to the opposite marker. Once the player jumps up and retrieves the high ball they will handball the football back to the starting marker.
- **Kicking-** Move the markers back to 30m apart and have lanes kick the football back and forth to each other. Player will run across to the opposite marker after they have kicked the football.
- **Race-** Have lanes race each other to see who can finish first.



10-12

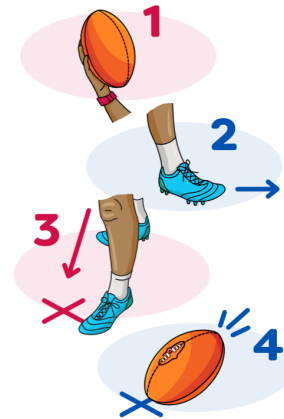
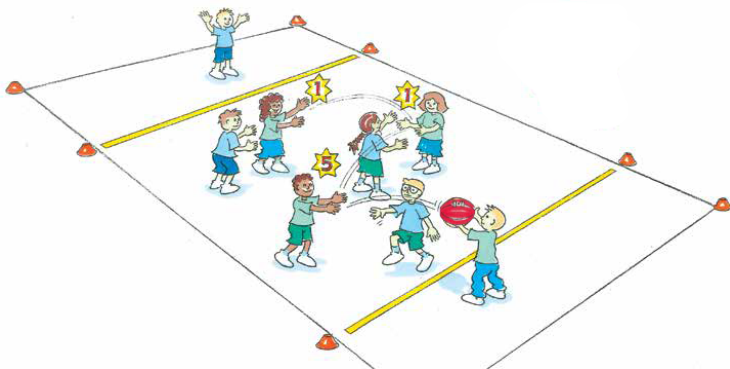
SESSION #2

CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB
HIGH SCHOOL PROGRAM- GRADE 10-12

Activity #3 How to Bounce the Football (0-5 min)

What to do

- Players grip the football lightly on the laces of the football with their dominant hand. Non-dominant hand rests lightly on the side of the football.
- Players step forward with their opposite foot from the dominant hand.
- Players aim the football out in front of the body to make it easier to catch when moving forward.
- Players will guide the football down with their preferred hand as they step forward with the football bouncing back to the player. Players should aim to land the football between the point and centre of the football.



Activity #4 Endball (15-20 min)

What to do

Players are divided into teams of 5-6. Can play with two fields if necessary. Teams score points by hand balling the football to each other with each successful handball worth 1 point. For bonus points the football is hand balled to a team-mate in either of the two end-zones with this handball receiving 5 points. Players can move with the football. Players must bounce the ball every 15 meters.

Defenders try to intercept the football and once in possession of the football become the attackers. Defenders must not use body contact but can strip the attacking player of the football. Play for a designated period of time (e.g. 5 minutes) or to a designated score.

What you need

- 1 Football per field.
- Markers to mark the field (approx 10x20m), and end-zones (approx 3m).
- Pinnies to distinguish teams.

Change it up

- **End Zone-** Have one end zone designated to each team.
- **Attacking-** Have one team attack and one team defend only. 1 point per pass, 5 points for an end zone pass, -3 points for an interception. Have each team be attackers for a designated period of time (e.g. 2 min).
- **Numbers-** Play with a greater number of attackers to defenders to make scoring easier.



10-12

SESSION #2

CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB
HIGH SCHOOL PROGRAM- GRADE 10-12

Activity #5 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 each 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.



10-12

SESSION #3

CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB
HIGH SCHOOL PROGRAM- GRADE 10-12

Activity #1 Dynamic Warm-up (5-10 min)

What to do

Players line up between two markers and perform dynamic warm-up activities 20 metres out in front to replicate movements of Australian Football.

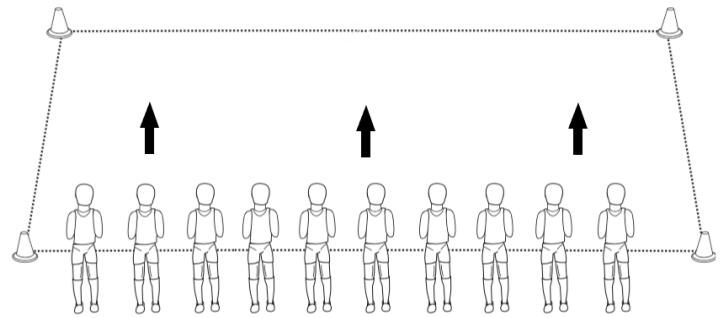
Movements include a jog through, backwards with a turn to jog, sideways shuffle, high knees and heels, grapevine, direction change and 80% sprint. Players will also perform stationary dynamic exercises like leg swings, lunges and squats.

What you need

- Markers to mark out the warm-up area 20m in length.
- Football per lane.

Change it up

- **Football-** Incorporate a football into the drill with one individual out in front hand balling to players in groups of 5-6.
- **Activities-** Change up activities, have players run the dynamic warm-up,



Activity #2 Criss Cross Handball (5-10 min)

What to do

Players are divided into teams behind the four markers in a 10x10m square. The first players on the marker on the same side will start with a football. The player with the football will handball to the player on the diagonal marker and then run through to the end of that line going through the middle of the square. The player receiving the ball will then handball to the next player at the starting marker.

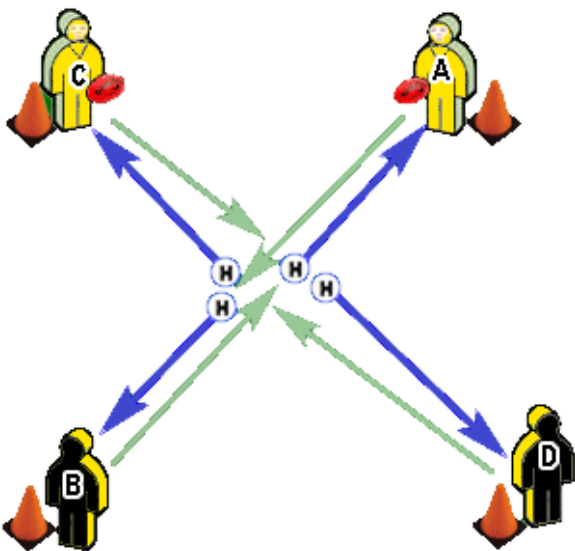
Players should be on the move when hand balling and receiving the football. Use both hands to handball.

What you need

- 2 Footballs.
- Markers to mark the square. 10x10m square for hand balling, 30x30m square for kicking.

Change it up

- **Ground Balls-** Have one end of the lane role the football to the opposite marker. Once the player retrieves the ground ball they will handball the football back to the starting marker.
- **High Balls-** Have one end of the lane throw the football into the air to the opposite marker. Once the player jumps up and retrieves the high ball they will handball the football back to the starting marker.
- **Kicking-** Move the markers back to 30m apart and have lanes kick the ball back and forth to each other. Player will run across to the opposite marker after they have kicked the football.



10-12

SESSION #3

CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB
HIGH SCHOOL PROGRAM- GRADE 10-12

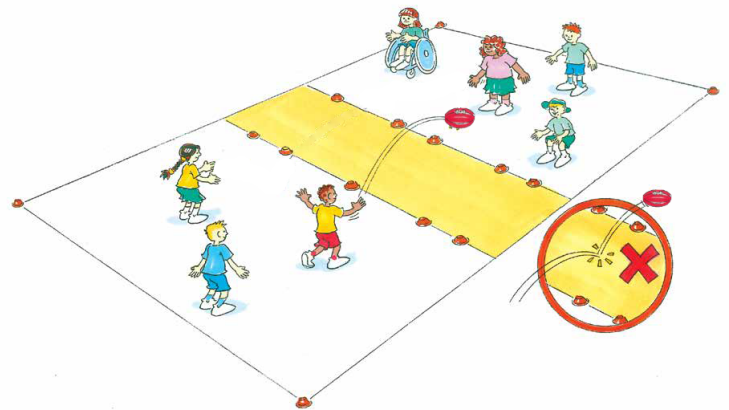
Activity #3 No-Go Football (10-15 min)

What to do

Players are divided up into 2-3 teams or more depending on the number of courts. Two teams will be on either side of the no-go area and players will start by hand balling the football back and forth with the football to be hand balled over waist height.

The opposing team must catch the football prior to the ball bouncing on the ground. Points are scored if the football touches the ground on the opponent's side, the opponent sends the ball out of the court and the ball lands in the no-go zone from an opponents handball.

Score to a designated number of points (e.g. 11 point) or a set time limit (e.g. 5 minutes)



What you need

- Football.
- Markers to mark out the playing area 45x20m rectangle. 5m no-go zone.

Change it up

- **Kick**- Players have to kick the ball over the no-go zone above waist height.
- **3 Pass**- Teams have to handball the football 3 times to each other in 10 seconds or less before kicking or handballing the football back to the opponents side.
- **Size**- Increase or decrease the size of the field or no-go zone to make the activity easier or harder.

Activity #4 AFL Game (20-30 min)

What to do

Players are broken up into 2-3 teams of 9-12 players. Players will play a game of Australian Rules Football with one team scoring through one set of goals and the other team the other set of goals.

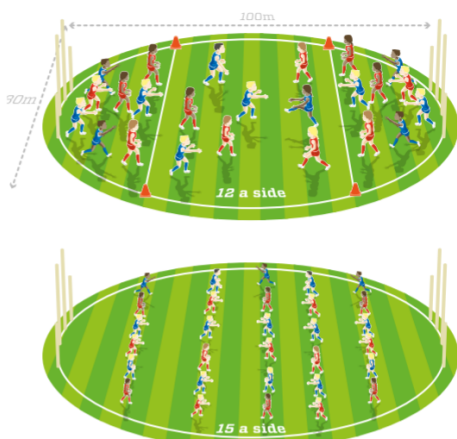
Games will last a designated amount of time (e.g. 10 minutes) or until one team scores the required amount of points (e.g. 20 points).

What you need

- 1 Football
- Markers or paint to mark the field, approx 100x90m.
- 8 Posts (Flags, stakes etc). 6 Large steps apart.
- Pinnies to distinguish teams.

Rules & Regulations

On the next page.



10-12

SESSION #3

CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB
HIGH SCHOOL PROGRAM- GRADE 10-12

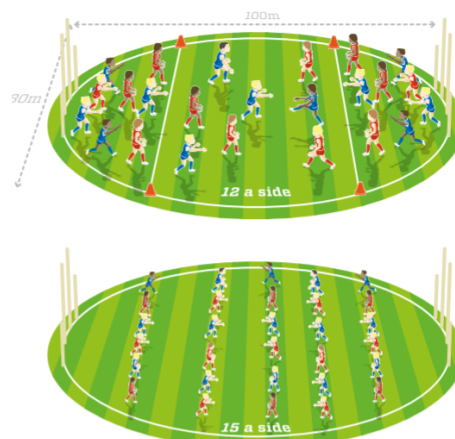
Activity #4 AFL Game Rules & Regulations

Regulations

- **Field Size**- Approx 100x90m
- **Players on the Field**- 9-12- a-side. Can have three teams with 1 team resting whilst the other 2 play.
- **Game Length**- 2 teams, 2x10-15 minute halves. 3 teams, 3x7-10 minute games.
- **Scoring**- A goal (6 points) between the two large pole, a behind (1 point) between a small and large pole or if it hits a large pole.

Rules

- **Tag**- If a player with the football is tagged they have to dispose the football with a handball or kick within three steps after the tag.
- **Bouncing the ball**- Players running with the football must bounce or tap the football on the ground every 15-16 steps if they want to keep running. If the player does not bounce the football the game stops and the opposition get the football for an unimpeded handball or kick.
- **Kicking off the ground**- Players may kick the ball off the ground although encourage players to pick up the football. It's not soccer!
- **Ball-up's**- At the beginning of the game, beginning of the half or after a goal (6 pointer) has been scored 2 players, 1 from each team will participate in a ball-up in the center of the field. A ball-up is similar to a basketball jump ball. Players can only tap the football and cannot grab the football.
- **Kick In**- If a behind (1 point) is scored the other team will kick or handball the football back into play from between the two large poles.
- **Marking**- If a player catches the football from a kick without the football bouncing, this is a mark. That player then has an unimpeded kick or handball. A mark is not awarded from a handball. There is no distance restriction for a mark at this age group.
- **Out of Bounds**- If the football goes outside of the playing area, the team who did not last touch the football will receive the football for an unimpeded handball or kick. If in doubt a ball-up will be called.
- **Ball on the Ground**- If the football hits the ground the game continues with the first player to pick up the football.
- **Strip**- A player can deliberately knock the football out of an opponent's hands or steal the football from another players hands.



10-12

SESSION #4

CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB
HIGH SCHOOL PROGRAM- GRADE 10-12

Activity #1 Dynamic Warm-up (5-10 min)

What to do

Players line up between two markers and perform dynamic warm-up activities 20 metres out in front to replicate movements of Australian Football.

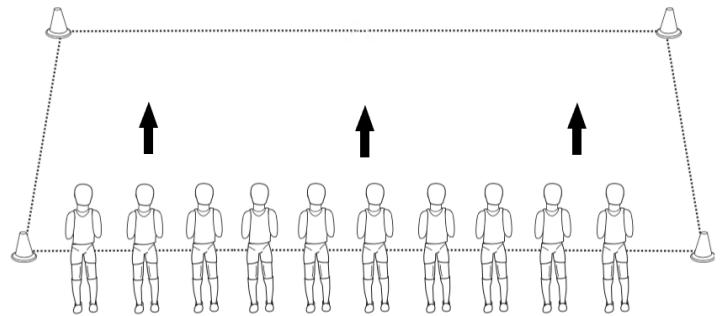
Movements include a jog through, backwards with a turn to jog, sideways shuffle, high knees and heels, grapevine, direction change and 80% sprint. Players will also perform stationary dynamic exercises like leg swings, lunges and squats.

What you need

- Markers to mark out the warm-up area 20m in length. Football per lane.

Change it up

- **Football-** Incorporate a football into the drill with one individual out in front hand balling to players in groups of 5-6.
- **Activities-** Change up activities, have players run the dynamic warm-up,



Activity #2 Keeping's Off (10-15 min)

What to do

Players are divided up into teams of 5-6. In a square field of 15x15m, teams will handball the football to each other and aim to handball the football 5 times in a row without the football being intercepted. If the team can get 5 successful handballs in a row they will score 1 point. If the ball is intercepted, possession of the football changes to the opponent.

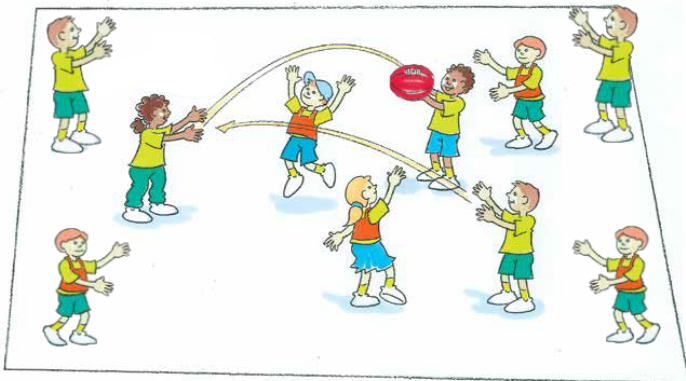
If the football is hand balled outside of the square, it is a change in possession. If the football hits the ground, the game continues and the first player to pick up the football gains possession. Players may move with the football for 15m with the opponents able to steal the football from the ball carrier.

What you need

- 1 Football per playing area.
- Markers to mark out the playing area 15x15m.
- Pinnies to distinguish teams.

Change it up

- **Opposite-** Players handball with their opposite hand.
- **Attacking-** Have one team attack and one team defend only. 1 point per 5 passes, -1 points for an interception. Have each team be attackers for a designated period of time (e.g. 2 min).
- **Numbers-** Play with a greater number of attackers to defenders to make scoring easier (e.g. 7v3).



10-12

SESSION #4

CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB
HIGH SCHOOL PROGRAM- GRADE 10-12

Activity #3 AFL Game (25-35 min)

What to do

Players are broken up into 2-3 teams of 9-12 players. Players will play a game of Australian Rules Football with one team scoring through one set of goals and the other team the other set of goals.

Games will last a designated amount of time (e.g. 10 minutes) or until one team scores the required amount of points (e.g. 20 points).

What you need

- 1 Football
- Markers or paint to mark the field, approx 100x90m.
- 8 Posts (Flags, stakes etc). 6 Large steps apart.
- Pinnies to distinguish teams.

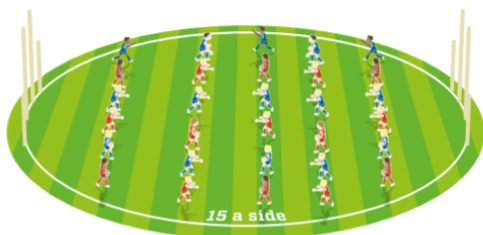
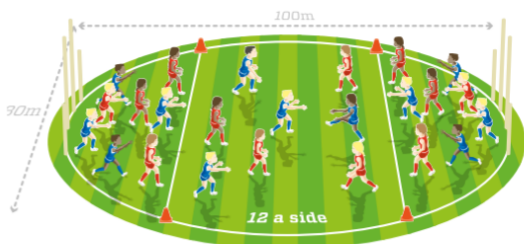
Activity #3 AFL Game Rules & Regulations

Regulations

- **Field Size**- Approx 100x90m
- **Players on the Field**- 9-12- a-side. Can have three teams with 1 team resting whilst the other 2 play.
- **Game Length**- 2 teams, 2x10-15 minute halves. 3 teams, 3x7-10 minute games.
- **Scoring**- A goal (6 points) between the two large pole, a behind (1 point) between a small and large pole or if it hits a large pole.

Rules

- **Tag**- If a player with the football is tagged they have to dispose the football with a handball or kick within three steps after the tag.
- **Bouncing the ball**- Players running with the football must bounce or tap the football on the ground every 15-16 steps if they want to keep running. If the player does not bounce the football the game stops and the opposition get the football for an unimpeded handball or kick.
- **Kicking off the ground**- Players may kick the ball off the ground although encourage players to pick up the football. It's not soccer!
- **Ball-up's**- At the beginning of the game, beginning of the half or after a goal (6 pointer) has been scored 2 players, 1 from each team will participate in a ball-up in the center of the field. A ball-up is similar to a basketball jump ball. Players can only tap the football and cannot grab the football.
- **Kick In**- If a behind (1 point) is scored the other team will kick or handball the football back into play from between the two large poles.
- **Marking**- If a player catches the football from a kick without the football bouncing, this is a mark. That player then has an unimpeded kick or handball. A mark is not awarded from a handball. There is no distance restriction for a mark at this age group.
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- **Ball on the Ground**- If the football hits the ground the game continues with the first player to pick up the football.
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10-12

SESSION #5

CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB
HIGH SCHOOL PROGRAM- GRADE 10-12

Activity #1 Dynamic Warm-up (5-10 min)

What to do

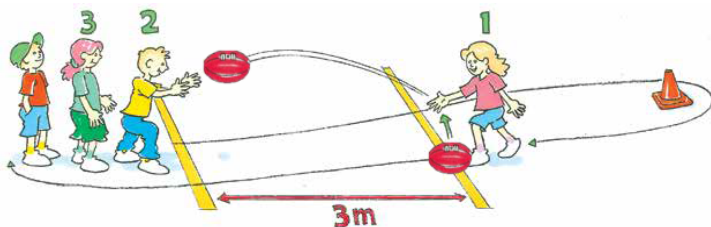
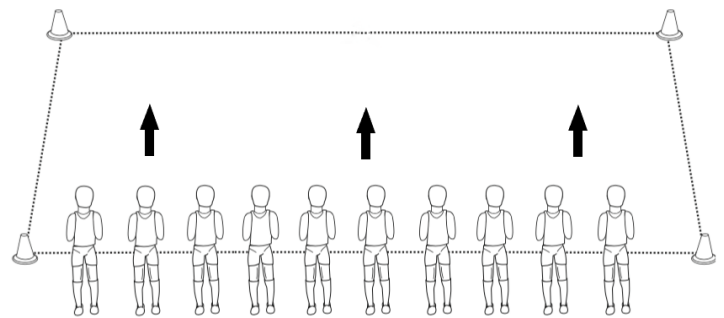
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What you need

- Markers to mark out the warm-up area 20m in length.
- Football per lane.

Change it up

- **Football-** Incorporate a football into the drill with one individual out in front hand balling to players in groups of 5-6.
- **Activities-** Change up activities, have players run the dynamic warm-up,



Activity #2 Relay Race (10-15 min)

What to do

Players are placed 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 football on the ground halfway between the start and turning point. Players then pick up the football on the way back prior to throwing/ handballing to the next player in line.
- **Activity-** Players have to do an activity at the turning point (e.g. 10 star jumps).
- **Kick-** Players kick the football back to the start of the group instead of handballing the football.



10-12

SESSION #5

CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB
HIGH SCHOOL PROGRAM- GRADE 10-12

Activity #3 AFL Game (25-35 min)

What to do

Players are broken up into 2-3 teams of 9-12 players. Players will play a game of Australian Rules Football with one team scoring through one set of goals and the other team the other set of goals.

Games will last a designated amount of time (e.g. 10 minutes) or until one team scores the required amount of points (e.g. 20 points).

What you need

- 1 Football
- Markers or paint to mark the field, approx 100x90m.
- 8 Posts (Flags, stakes etc). 6 Large steps apart.
- Pinnies to distinguish teams.

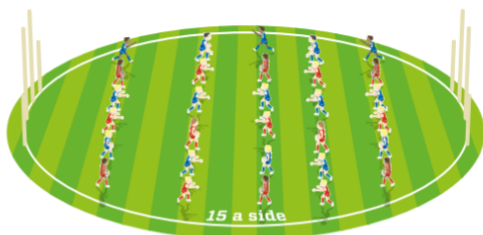
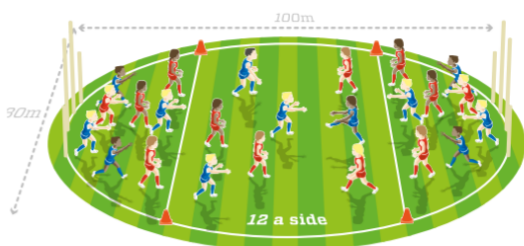
Activity #3 AFL Game Rules & Regulations

Regulations

- **Field Size**- Approx 100x90m
- **Players on the Field**- 9-12- a-side. Can have three teams with 1 team resting whilst the other 2 play.
- **Game Length**- 2 teams, 2x10-15 minute halves. 3 teams, 3x7-10 minute games.
- **Scoring**- A goal (6 points) between the two large pole, a behind (1 point) between a small and large pole or if it hits a large pole.

Rules

- **Tag**- If a player with the football is tagged they have to dispose the football with a handball or kick within three steps after the tag.
- **Bouncing the ball**- Players running with the football must bounce or tap the football on the ground every 15-16 steps if they want to keep running. If the player does not bounce the football the game stops and the opposition get the football for an unimpeded handball or kick.
- **Kicking off the ground**- Players may kick the ball off the ground although encourage players to pick up the football. It's not soccer!
- **Ball-up's**- At the beginning of the game, beginning of the half or after a goal (6 pointer) has been scored 2 players, 1 from each team will participate in a ball-up in the center of the field. A ball-up is similar to a basketball jump ball. Players can only tap the football and cannot grab the football.
- **Kick In**- If a behind (1 point) is scored the other team will kick or handball the football back into play from between the two large poles.
- **Marking**- If a player catches the football from a kick without the football bouncing, this is a mark. That player then has an unimpeded kick or handball. A mark is not awarded from a handball. There is no distance restriction for a mark at this age group.
- **Out of Bounds**- If the football goes outside of the playing area, the team who did not last touch the football will receive the football for an unimpeded handball or kick. If in doubt a ball-up will be called.
- **Ball on the Ground**- If the football hits the ground the game continues with the first player to pick up the football.
- **Strip**- A player can deliberately knock the football out of an opponent's hands or steal the football from another players hands.



10-12

EXTRA ACTIVITIES

CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB
HIGH SCHOOL PROGRAM- GRADE 10-12

Activity #1 Hourglass Handball (5-10 min)

What to do

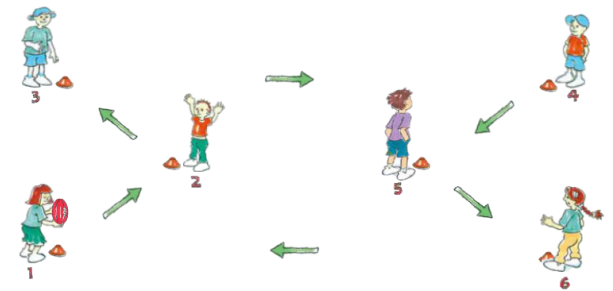
Players are divided up evenly on the 4 outside markers with only 1 player to be on the 2 inside markers. Markers will be 5-10m apart. Player 1 starts with the football and runs and handballs to player 2, player 2 will then run and handball to player 3, with player 3 going to player 4, player 4 to player 5, player 5 to player 6 and player 6 back to player 1 with the activity continuing for a designated period of time. Players should follow the football and line up at the marker that they have hand balled the football to.

What you need

- Footballs.
- Markers to mark out the activity area. Markers to be 5-10m apart.

Change it up

- **Opposite-** Players handball with their opposite hand and go in the opposite direction.
- **Ground Ball-** Players 1 and 4 role the football to players 2 and 5 who pick up a ground ball and then handball to players 3 and 6 respectively.
- **Kicking-** Players 3 and 6 will kick the football to players 4 and 1 respectively with all other players still hand balling to their markers.
- **Footballs-** Have two footballs running simultaneously with one football each starting at groups 1 and 4.



Activity #2 Cross the River (5-10 min)

What to do

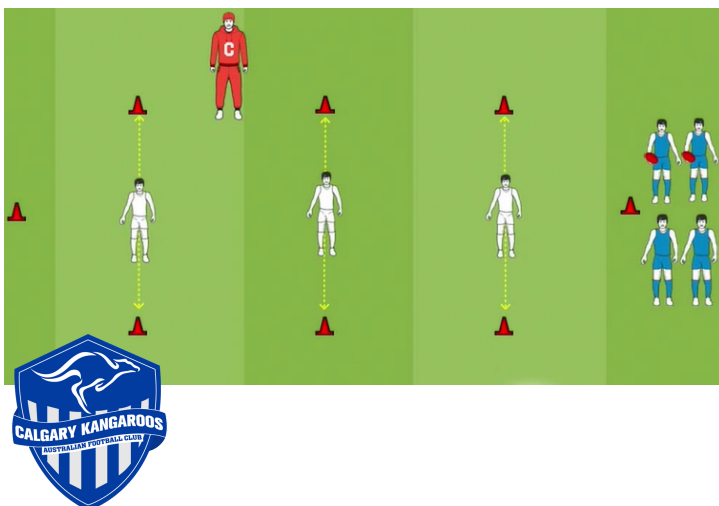
In groups of 2-3, players will try to cross the river using handballs. In a 30x15m rectangle, up to 3 defenders will be spread evenly, with markers to be used to guide the defenders movements from side to side only. The attackers will attempt to carry and handball the football from one end of the rectangle to the other without the defenders intercepting the football. Ensure that defenders are swapped regularly so that each player has a turn of being an attacker and a defender. If a defender intercepts the football the attackers will go to the opposite end of the rectangle.

What you need

- Footballs, ideally 1 per group.
- Markers to mark the field (approx 10x20m), and end-zones (approx 3m).
- Pinnies to identify the defenders.

Change it up

- **Free Flowing-** Defenders can move wherever they like within the rectangle and are not just restricted to side to side movements.
- **Numbers-** Play with less defenders to reduce the difficulty for attackers.



10-12

EXTRA ACTIVITIES

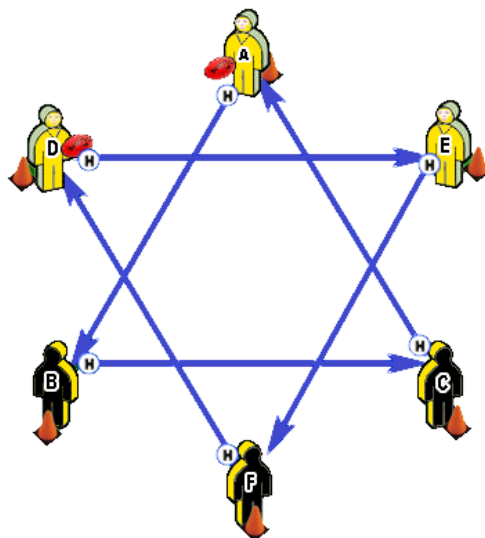
CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB
HIGH SCHOOL PROGRAM- GRADE 10-12

Activity #3 6-Star Handball (5-10 min)

What to do

Players are divided up evenly onto the 6 markers. Player A and player D will start with the football. Player A will run and handball to player B, who will then run and handball to player C, who then runs and handballs back to player A. The same will occur with the second football with player D going to player E, player E to player F and player F back to player D with the activity continuing for a designated amount of time.

The player running and handballing the football runs through to the end of the line where they have handballed the football.

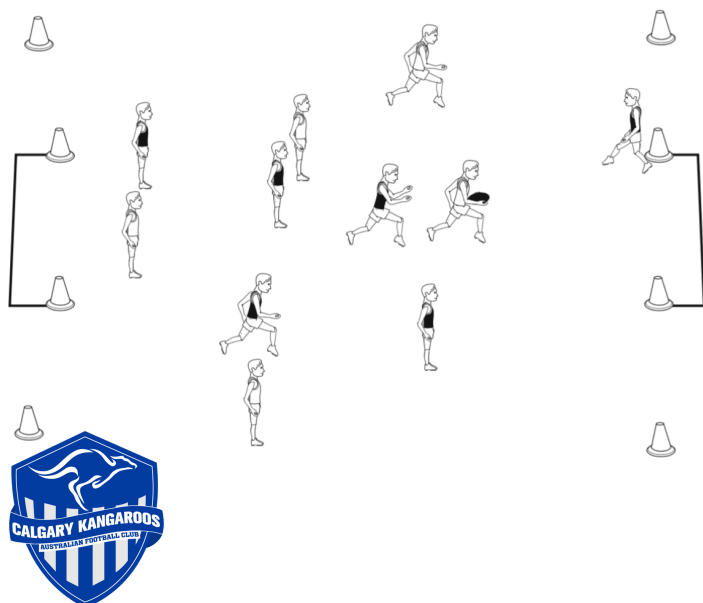


What you need

- 2 Footballs.
- Markers to mark out the star with markers 5-10 metres apart.

Change it up

- **Opposite-** Players handball with their opposite hand and go in the opposite direction.
- **Footballs-** Each group can work with 2 footballs instead of 1. Total of 4 footballs moving at the one time.



Activity #4 Handball Goal (10-15 min)

What to do

Players are divided into teams of 6-8 players with two teams in a designated playing area of 25x15m. Players try to handball the football through goals marked out at either end of the playing area. If a player is able to handball the ball through the goals they receive 1 point. If a player is tagged, the player must dispose of the football within 3 steps after the tag.

If the ball is handballed out of the playing area, the opponent receives the football.

If there is more than 2 teams, have teams rotate between the number of fields.

What you need

- 1 Football per field.
- Markers to mark the field (approx 25x15m), and goals (approx 3m).
- Pinnies to distinguish teams.

Change it up

- **Goals-** Teams can score through either of the two goals.
- **Opposite-** Players use their opposite hand only to handball.
- **Numbers-** Play with a greater number on one team to the other.



10-12

EXTRA ACTIVITIES

CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB
HIGH SCHOOL PROGRAM- GRADE 10-12

Activity #5 Full Field Goal Scoring Race (10-15 min)

What to do

Players are divided up into teams of 3-5 players. All players start at the starting line and on the signal teams get the ball to the other end of the field via a handball or kick with teams needing to kick a goal at the other end of the ground. All players need to touch the football and teams can only win the race if they kick a goal between the two large posts.

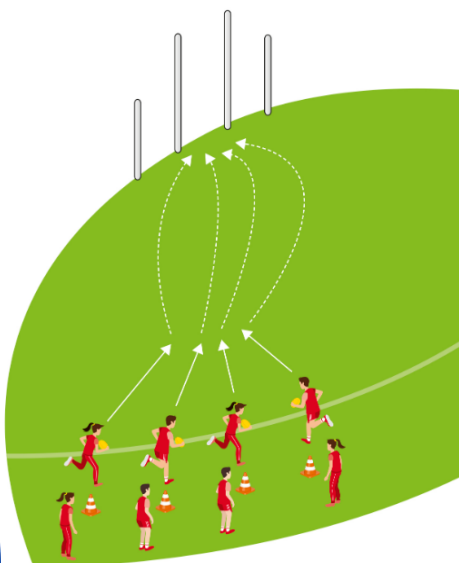
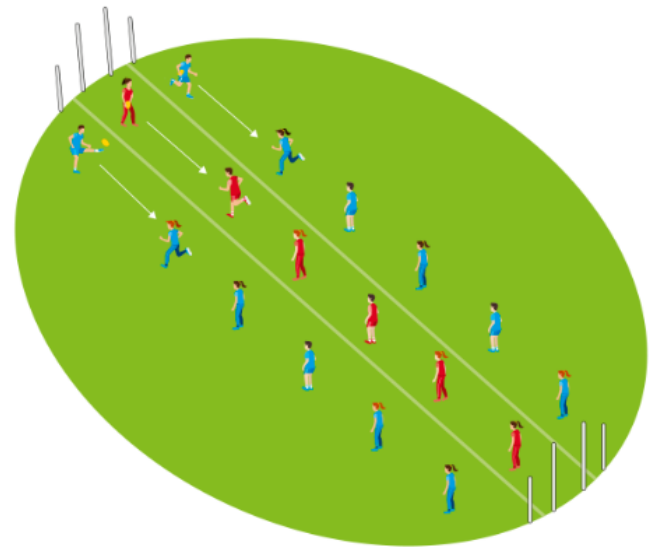
The next race will start from the other end and return to the starting position.

What you need

- 1 Football per group.
- 8 Posts (Flags, stakes etc). 6 Large steps apart.

Change it up

- **Kick-** Players can only kick the ball down the field to score a goal.
- **Goal-** Teams have to kick for goal a certain distance out from the goal. E.g. teams must kick for goal at least 30m away from the goal.



Activity #6 Goal Kicking Race (10-15 min)

What to do

Players are divided into groups of 4. On the signal 4 players run from their marker, pick up a football and then kick for goal. The player who kicks the first goal is the winner of the heat.

After each set of heats the winners of each heat will then compete against each other in a final, with the other players competing in lower grade finals.

After each round, the markers are moved to another part of the field and a new round is started.

What you need

- 4 Footballs.
- Markers to mark the starting position.

Change it up

- **Opposite-** Have players kick with their opposite foot.