

5 SESSION AUSSIE RULES PROGRAM

# GRADE 4-6

Calgary Kangaroos Australian Football Club

School Program, 30-45 min Sessions

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



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# 4-6

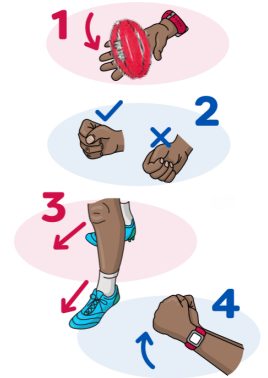
## SESSION #1

CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB  
ELEMENTARY SCHOOL PROGRAM- GRADE 4-6

### 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

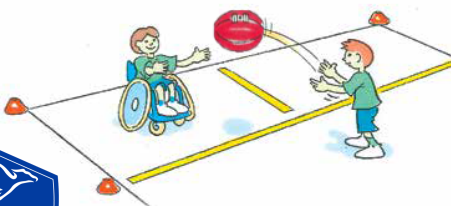
In pairs (groups of 2), players face their partner approximately 1 metre apart. With 1 football per pair, players handball the football back and forth seeing how many times the pair can handball the football before dropping the ball. If the football is dropped, start again from 0 handballs.

#### 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.
- **Two-** Pairs handball a football each at the same time.



### 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.



# 4-6

## SESSION #1

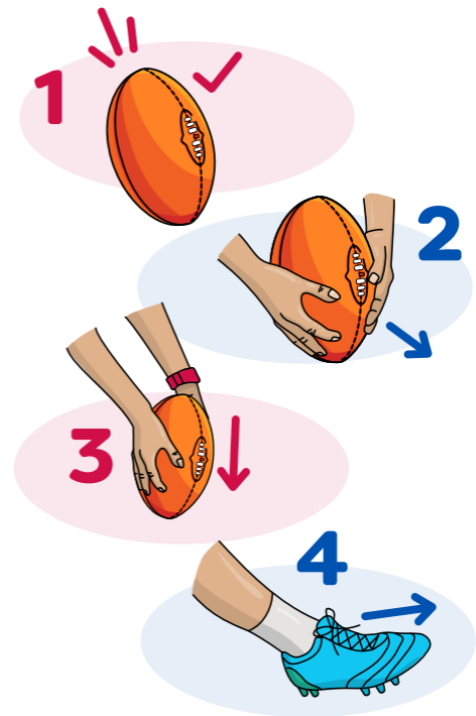
CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB  
ELEMENTARY SCHOOL PROGRAM- GRADE 4-6

### 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 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 ball. 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.

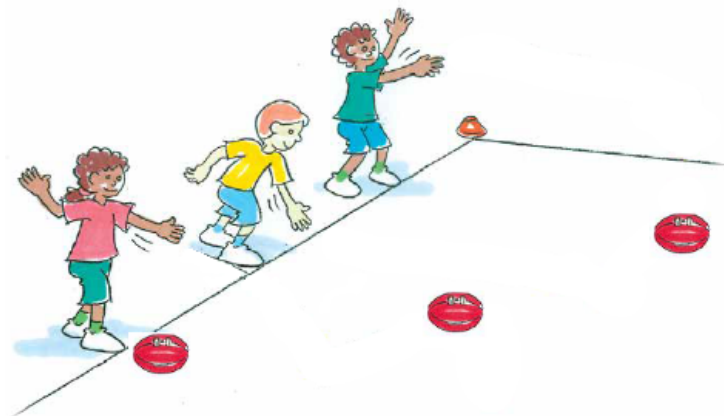
If there are not enough footballs for one per person, players will kick in pairs with pairs alternating kicks.

#### 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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ELEMENTARY SCHOOL PROGRAM- GRADE 4-6

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

#### What to do

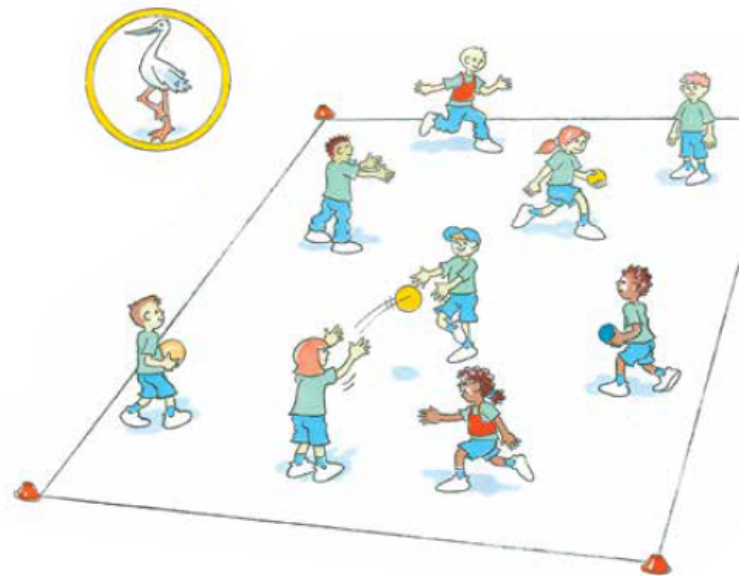
Taggers try and tag the runners who if tagged, stand in a stork position. A tagged runner can be freed by another runner by exchanging the football with a handball. Either a stalk or free runner can handball the football. Half the runners have footballs with 2 or more taggers within a marked area (min 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, the player puts the 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

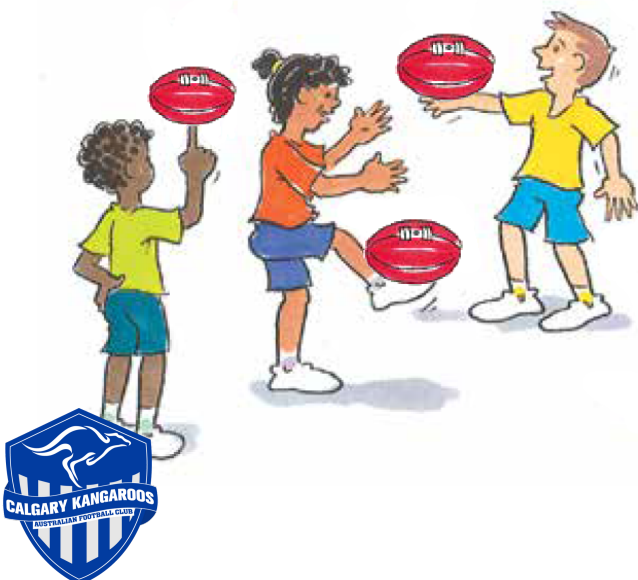
Players try to balance the football on different body parts such as the foot, neck, head, knee, palm, back of the hand or elbow.

#### 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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ELEMENTARY SCHOOL PROGRAM- GRADE 4-6

### 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.

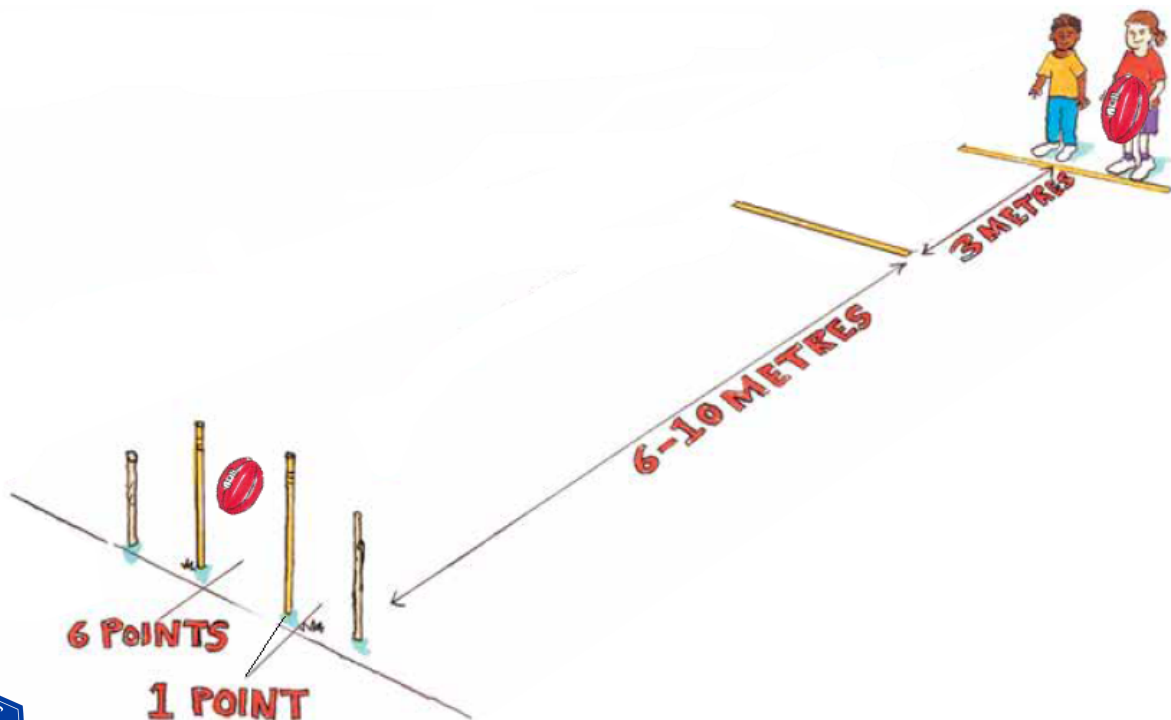
If there are not enough footballs for one per person, players will kick in pairs with pairs alternating kicks.

#### 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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ELEMENTARY SCHOOL PROGRAM- GRADE 4-6

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

#### What to do

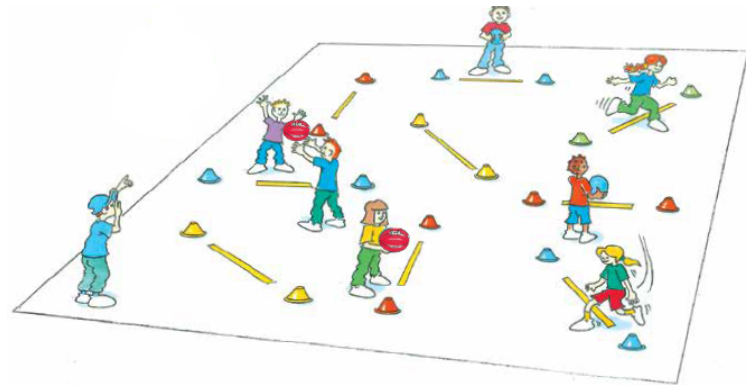
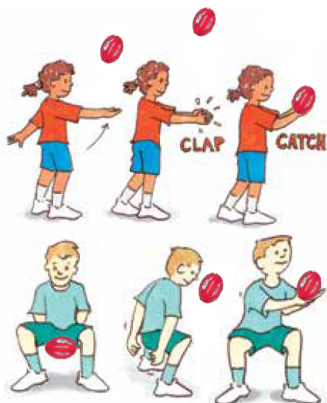
In pairs (groups of 2) players will handball the football back and forth to each other 3 times through a gate indicated by 2 markers on the ground. After 3 successful passes the pair will then move onto a new gate. Players will move from gate to gate for a designated amount of time (e.g. 2 minutes) with 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 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.



# 1-3

## SESSION #3

CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB  
ELEMENTARY SCHOOL PROGRAM- GRADE 1-3

### 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 groups kicks from all of the markers.

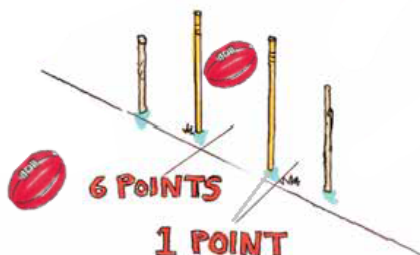
If there are not enough footballs for one per person, players will kick in pairs with pairs alternating kicks.

#### 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

CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB  
ELEMENTARY SCHOOL PROGRAM- GRADE 4-6

### 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.

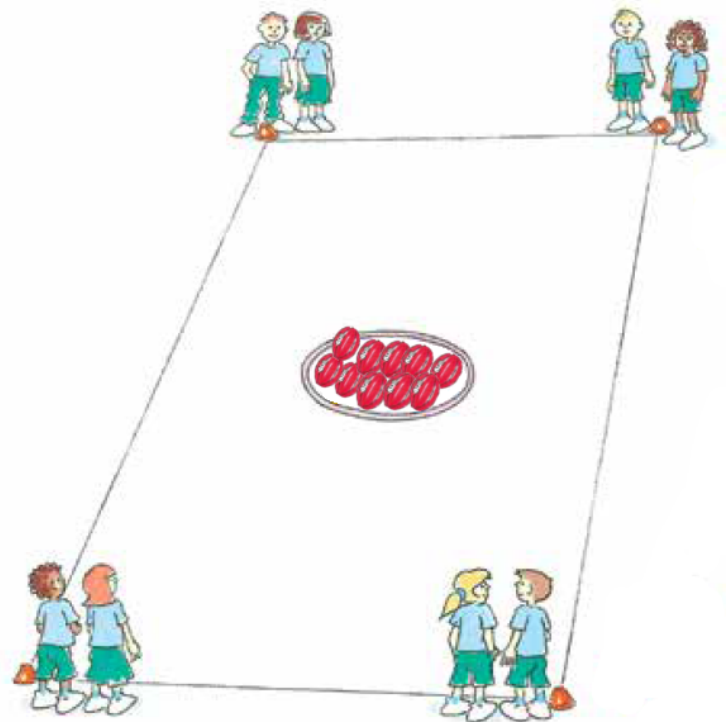
The aim is to collect the most footballs until all the balls are out of the middle.

#### 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 balls.



### Activity #2 AFL Game (15-25 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.

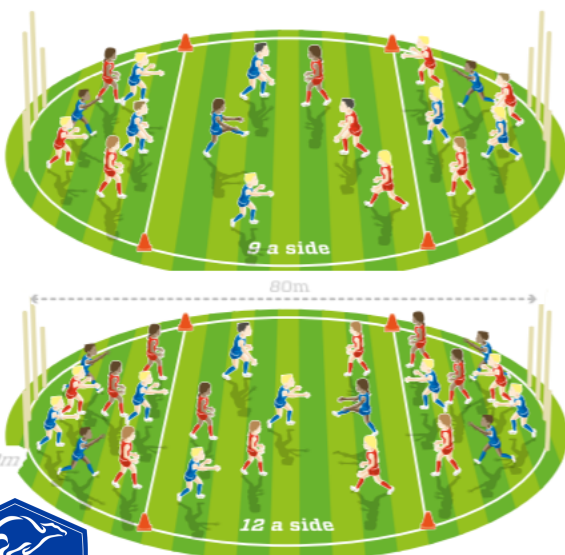
Games will last a designated amount of time (e.g. 10 minutes) or until one team scores the required amount of points (e.g. 20 points).

#### What you need

- 1 Football.
- Markers or paint to mark the field, approx 80x60m.
- 8 Posts (Flags, stakes etc). 6 Large steps apart.
- Pinnies to distinguish teams.

#### Rules & Regulations

On the next page.





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## SESSION #4

CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB  
ELEMENTARY SCHOOL PROGRAM- GRADE 4-6

### Activity #2 AFL Game Rules & Regulations

#### Regulations

- **Field Size-** Approx 80x60m
- **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. Players are allowed one bounce per possession.
- **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 not deliberately knock the football out of an opponent's hands or steal the football from another players hands. Play will resume if it was incidental.



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## SESSION #5

CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB  
ELEMENTARY SCHOOL PROGRAM- GRADE 4-6

### Activity #1 L-O-N-G Handball (5-10 min)

#### What to do

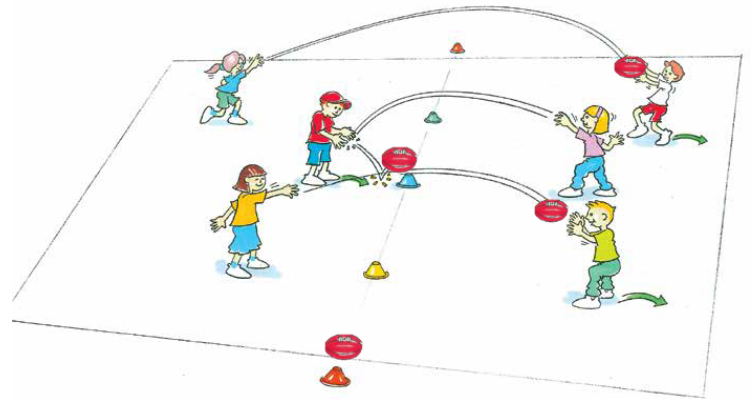
In pairs (groups of 2) players will stand 1 metre apart from each other with 1 football per pair. On the signal players will handball the football back and forth to each other. If the handball reaches the catcher on the full and is successfully caught, the 2 players take one step back from each other. 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 #2 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.

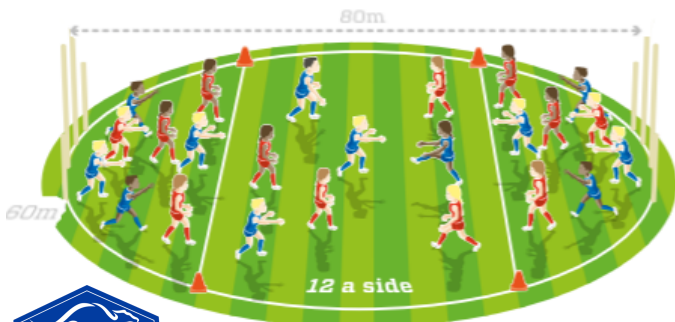
Games will last a designated amount of time (e.g. 10 minutes) or until one team scores the required amount of points (e.g. 20 points).

#### What you need

- 1 Football.
- Markers or paint to mark the field, approx 80x60m.
- 8 Posts (Flags, stakes etc). 6 Large steps apart.
- Pinnies to distinguish teams.

#### Rules & Regulations

On the next page.



# 4-6

## SESSION #5

CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB  
ELEMENTARY SCHOOL PROGRAM- GRADE 4-6

### Activity #2 AFL Game Rules & Regulations

#### Regulations

- **Field Size-** Approx 80x60m
- **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. Players are allowed one bounce per possession.
- **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 not deliberately knock the football out of an opponent's hands or steal the football from another players hands. Play will resume if it was incidental.



# 4-6

## EXTRA ACTIVITIES

CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB  
ELEMENTARY SCHOOL PROGRAM- GRADE 4-6

### Activity #1 Relay Races (5-10 min)

#### What to do

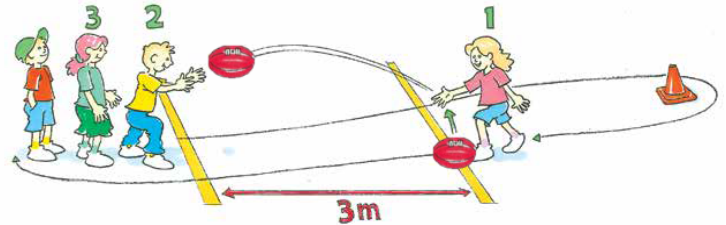
Players are divided into teams of 4-5. On the signal the first person will run with a football to a marker out in front, return to the team and on the way back handball the football to the team-mate next in line and goes to the back of the line. This pattern continues until all players have had a turn.

#### 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 football on the ground halfway between the start and turning point. Players then pick up the football on the way back prior to 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.



### Activity #2 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.

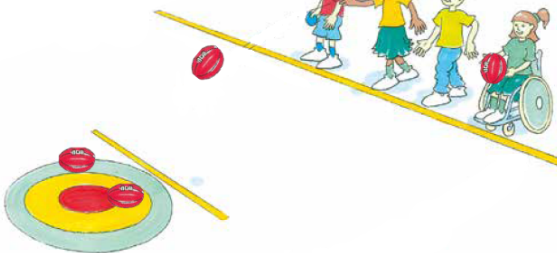
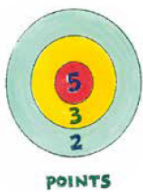
If there are not enough footballs for one per person, players will kick in pairs with pairs alternating kicks.

#### 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 handball.
- **Target**- Make the bullseye target larger or smaller to make the activity easier or harder.



# 4-6

## EXTRA ACTIVITIES

CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB  
ELEMENTARY SCHOOL PROGRAM- GRADE 4-6

### Activity #3 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.

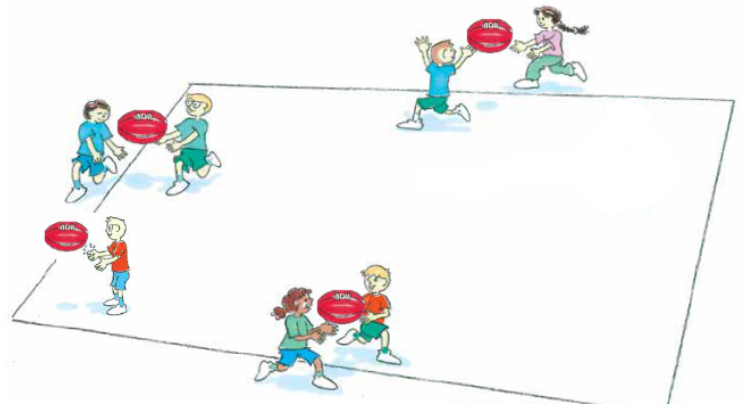
On the signal the player in the middle will run to any player on the outside of the square where they will handball the football back and forth. Once the handball is complete the player in the middle will then run to another player and repeat the handballing. Play for a designated amount of time (e.g. 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 players place.
- **Multiple-** Increase the number of handballs between the two players.



### Activity #4 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.

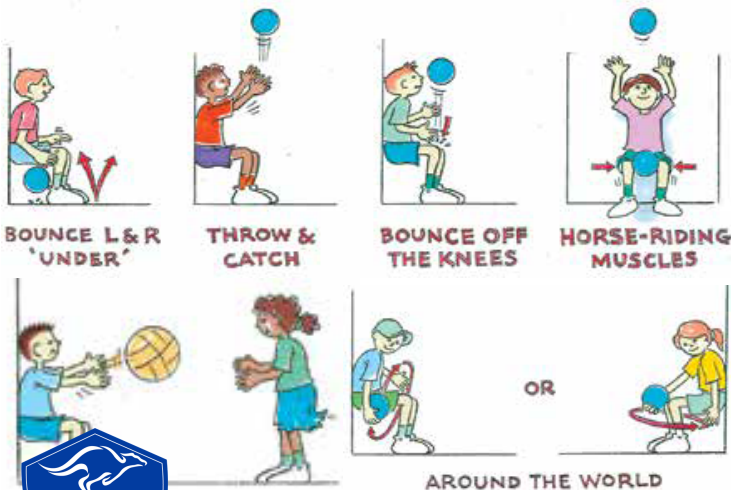
Players can perform activities such as around the world, bounce off the knees and throw and catch to yourself and partner.

#### What you need

- 1 Football per pair.

#### Change it up

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



# 4-6

## EXTRA ACTIVITIES

CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB  
ELEMENTARY SCHOOL PROGRAM- GRADE 4-6

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

#### What to do

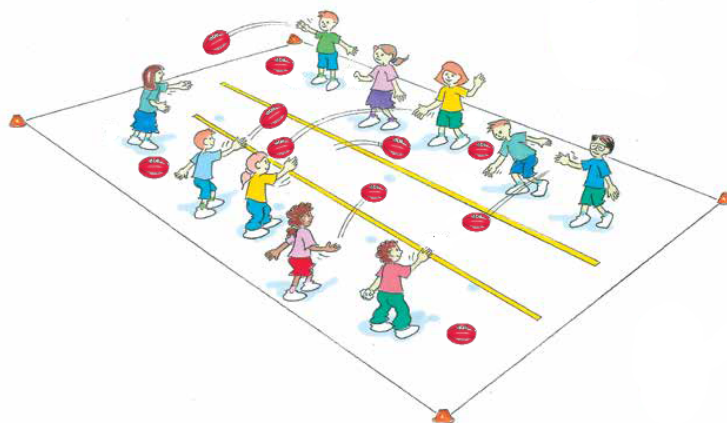
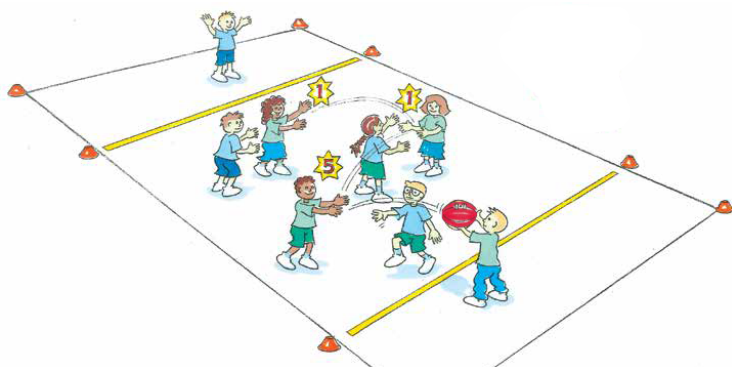
Players are divided up into 2 teams and the footballs are divided evenly between the 2 teams facing each other. On the signal, players handball the footballs across a middle line onto the other teams side. Players will continually pickup and handball footballs back over the middle line until a designated 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 5 Point Player (10-15 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.

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.