



COACHES HANDBOOK



SUPERSTARS FOOTY





PLAY SUPERSTARS FOOTY

FOR KIDS AGED 5-7

SUPERSTARS FOOTY



10 THINGS ABOUT SUPERSTARS FOOTY FOR PARENTS AND COACHES

IT'S GAME BASED

Skills are taught through skill games leading to AFL matches.

IT'S MODIFIED

Modified matches of AFL inclusive of boys & girls allows a safe and fun playing environment.

EVERYBODY GETS A KICK

Smaller field, 6-a-side matches allows all children to have frequent and longer contact with the ball!

NON-CONTACT

No tackle! Modified rules provide children with the best environment to learn, develop and improve their AFL skills.

NO SCORES = MORE FUN

With all matches comes an emphasis on fun, development and learning rather than winning.

COACHES ARE UMPIRES

Coaches don't only coach on the field, they umpire!

NO TRAINING

No midweek training is required, as all weekly sessions are split between 15 minutes skill games & up to 45 minutes modified AFL Match.

LOCAL CLUB CLUSTERS

Limited travel with localised clusters for children.

LET'S BECOME BUDDIES

Fantastic way for children to meet friends and parents to socialise.

SUPER-STARDOM STARTS HERE

Even though this isn't Junior Club Football, it's the first step in your journey to becoming an AFL Superstar!

AUSKICK

JUNIOR MATCH

JUNIOR

YOUTH

SENIOR

ELITE

DEVELOPMENT PROGRAMS

COMPETITION

TO REGISTER, GO TO
[WWW.AFLQ.COM.AU/
JUNIORMATCHPROGRAMS](http://WWW.AFLQ.COM.AU/JUNIORMATCHPROGRAMS)



JUNIOR FOOTBALL

PATHWAY

COMPETITION

UNDER 12 - UNDER 16
CLUB FOOTBALL

UNDER 9 - UNDER 11
CLUB MODIFIED FOOTBALL

UNDER 8
CLUB MODIFIED FOOTBALL

DEVELOPMENT
PROGRAMS

AGES 5-7
JUNIOR MATCH

AGES 5-12
NAB AFL AUSKICK

WHAT IS



The NAB AFL Auskick program makes learning to play AFL fun, safe and easy for boys and girls. Through weekly coaching sessions they will learn the skills of the game in an exciting, social and safe environment. The NAB AFL Auskick program has centres that operate all over Queensland. Children will learn the fundamental motor skills vital for future physical activity and sport participation as

well as learning how to interact with other children as part of a team in small group activities.

The program also provides a great opportunity for parents to interact with their kids through the activities, have the opportunity to make new friends, learn about the game and spend quality time with their children.



WHAT IS SUPERSTARS FOOTY?

Superstars Footy is a super fun, social, safe football program for boys and girls. It is a combination of fun skill activities (15 minutes) and modified games (max.

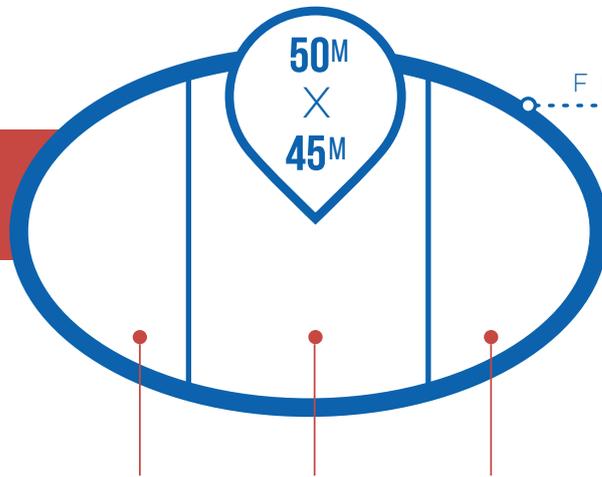
45 minutes). Sessions take place at local football clubs each week, with clubs having the opportunity to cluster with neighboring clubs for matches.

FEATURES

- Designed for 5-7 year olds
- Skill game-based activities (not repetitive drills)
- Season dates are aligned to local Junior seasons
- One session per week
- Low cost
- Localised club clustering
- Easy registration - aflq.com.au/juniormatchprograms



HOW TO PLAY



COACHES

UMPIRES

GOAL UMPIRES
OPTIONAL

PLAYERS

TEAM A
6

TEAM B
6

3 EQUAL ZONES

MATCH
3 X

SKILL
GAMES

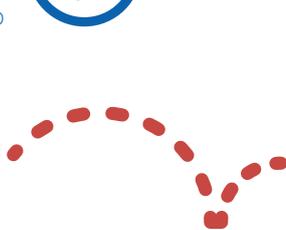


A MARK
IS AWARDED



**TO ANY
PLAYER**
WHO
CATCHES
THE BALL

1 BOUNCE
PERMITTED



SIZE 1

- No kicking off the ground
- No scores, ladders or finals
- No recording of best players, goal kickers or match tallies
- No representative teams
- No tackle, no bump
- No stealing, smothering, shepherding or barging

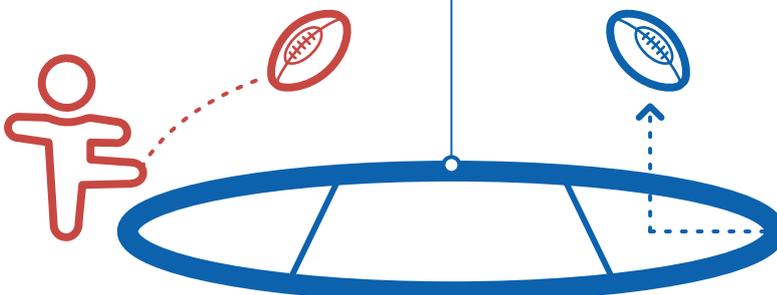


OUT OF BOUNDS

BY KICK

OFF HANDS

A KICK IS AWARDED
TO THE
OPPOSITE
TEAM



THE BALL IS THROWN UP
15M FROM
BOUNDARY

COMPENDIUM OF GAMES



SUPERSTARS FOOTY



WARM UP GAMES

CAT AND MOUSE

Children form a circle and hold hands. Two are selected to be the cat and the mouse. Cat stands outside the circle and the mouse inside the circle. Cat tries to catch the mouse. The other children protect the mouse letting them pass under their arms, but not the cat. Try two cats chasing the mouse.

RUCKS & ROVERS

Divide children in two teams. Team "A" stands on one side of line, Team "B" on the other. Team "A" is called RUCKS, Team "B" is ROVERS. Two lines are placed on the ground, one on either side of each team 10-12 metres from the children. When a particular team's name is called, all children run for the burrows or the line in front, chasing the others. Try to trick the children by yelling out other words that start with 'R'.

SQUARE CHASE

Mark a square leaving room for children to run around its outside. Children stand outside the square, equal distance from each other, all facing one way. On the word "Go", all run. Each child tries to catch the one in front and avoid being tagged by the one behind.

STUCK IN THE MUD

Three children are "IT" and when they tag others they become "stuck in the mud". To be freed, a child must handpass the ball through their legs.

SPIDERS AND FLIES

Two children are chosen as spiders, the remaining children are flies. The spiders sit in the middle whilst the flies move around by hopping or skipping, etc. The spiders sit quietly and patiently. When the coach blows the whistle, the flies need to run to safety, while the spiders chase them. The flies caught then become spiders in the next round. The game ends with the last fly as the winner.

CLUMPS

Children run around a circle listening to the coaches calls, the coach can yell out cues like; hop, skip, jump like a kangaroo etc. When the coach yells out a number, the children must sit down in a group of that number.

ACROSS THE OCEAN

Set up a large rectangle and place footballs on two longer sides. The children line up on one of the short sides, coaches on either of the longer sides with footballs. The children run across the ocean when called by the coach and must make it to the other end. The children must dodge all footballs – if they're hit below the waist, they pick up the football and stand with parents and they begin handballing. If hit above the waist children are still 'in' and keep running. Coaches roll or handball footballs at children. Call children over using e.g.: "people with hats on" or "people with brown hair" run across the ocean, etc.

COPS AND ROBBERS

Split a small area into three. Robbers in the middle with cops at each end. Robbers join cops when tagged by a thrown ball. The ball may only contact a child below the waist.

MAD EAGLE

Place all footballs in a circle on the ground and line up around the circle. Each child is given a number between 1 - 4. Coach is the Mad Eagle and footballs are the eagle's eggs. Coach yells out a number. If that number is called, all children with that number need to run around the circle, then try to steal a football from the nest. The coach is to be a mad eagle and try to stop them.

HERE, THERE & EVERYWHERE

The coach uses three words that have a special meaning, e.g.: "EVERYWHERE": Stands for particular activity to be carried out such as running on hands and feet. "THERE": Children run after the coach. "HERE": Children run towards a nominated boundary.

STEAL THE BALL

The children stand on base line with one child standing 15-20 metres away. A football is placed on the ground 3 metres behind them. On signal, the children move forward and attempt to reach the ball, pick it up and run to the boundary without being tagged. Children can only move when the lead child has their back to them. When they turn, all children freeze. Any child caught moving returns to the base of the line and starts again. Variation: Children can only move in the fashion commanded, e.g.: hopping, skipping.

ROB THE NEST

Make 4 'nests', each nest in its own coloured set of markers, with footballs in the centre. Split group into the 3 or 4 nests. Children take turns in racing to pick up the footballs and return them to their nest, one at a time. Race to collect the most footballs – once the middle nest is empty, steal from other team's nest.

OCTOPUS TAG

Children line up at one end of a rectangle. One child is "it" and can move freely throughout the rectangle. Children are to run from one end to the other at the coordinators command. If children are tagged they must stand or sit in their spot and become seaweed (must keep feet still, can move arms around to tag other people). Last person standing is the winner.

TAME DOG

One child is chosen as a tame dog and stands inside a marked area about 4 metres wide. All other children are wild dogs and stand outside the marked area. The wild dogs irritate the tame dog by stepping into or running across its area. The tame dog tries to tag the wild dogs who enter. Wild dogs who are tagged become tame and help the first tame dog.

ISLAND TAG

A number of markers are placed on the ground. Each marker represents an island. A child standing next to a marker cannot be tagged. Several children run between the islands trying to tag others as they run, skip, hop and jump, etc, from island to island. Set a maximum of three children on an island at once.

HUMAN TUNNEL BALL

Children divide into two groups in line formation, one behind the other. On "go", they move their feet apart and the first child at the front of the line crawls through the tunnel of legs. When reaching the end, they stand behind the last child and call "tunnel". The next child at the front of the line follows. The winning group is the first back to their original position.

SKILL GAMES

BOMB THE PARENTS/ COACHES (KICKING)

Line up children on one line and parents on the other. Children count down from 5, once they get to 1, kick the football. They get 1000 points each if they hit their parents. Once kicked they must freeze and wait for everyone else to kick.



RELAYS (BOUNCING)

Set up relay races with groups of maximum five, with 3 cones for each team. Relay races – bounce at every cone. Have one turn practicing. ('touching' the ball on the ground for wet weather). After a couple of goes of bouncing, add in fun activities such as star jumps, spins etc. at the end of a relay line.

ACROSS THE OCEAN (HANDBALLING)

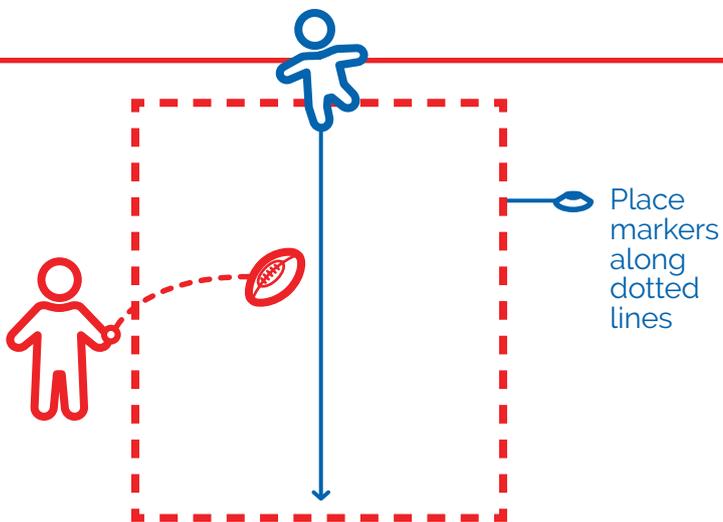
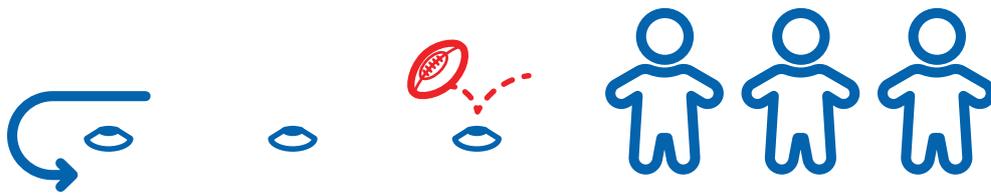
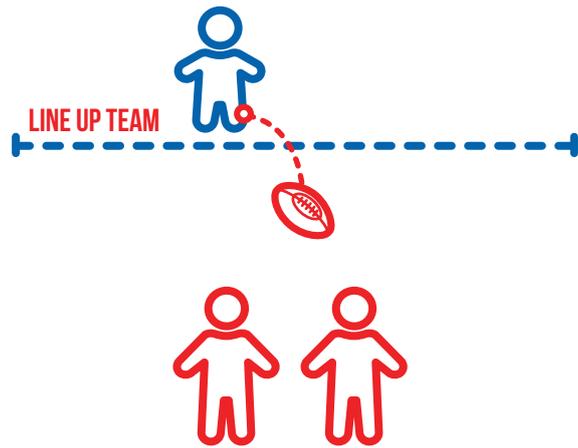
Set up a large rectangle and place footballs on the two longer sides. Children line up on one of the short sides. The coaches line up on either of the longer sides with footballs. Children run across the ocean when called by the coach and must make it to the other end.

Children must dodge all footballs – if they're hit below the waist, they must join the coaches. If they are hit above the waist, the children are still 'in' and keep running. Coaches roll or handball footballs at children (no throwing).

Call children over using e.g.: "people with hats on" or "people with brown hair" run across the ocean, etc.

Once everyone has kicked, coach blows the whistle and everyone collects a football.

Challenge - If a parent/coach catches the football, they get to kick it away and children runs and gets it.



GOAL STORM (GOAL KICKING)

Set up two lines of markers on either side of the goals, two teams, one on each line. Place footballs in a pile in the middle of the two lines. Each child on each team gets a number; the numbers need to be the same on each side so that each child has a 'partner' with the same number.

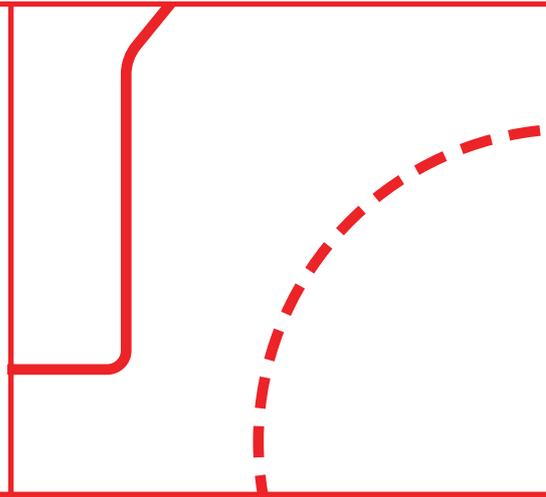
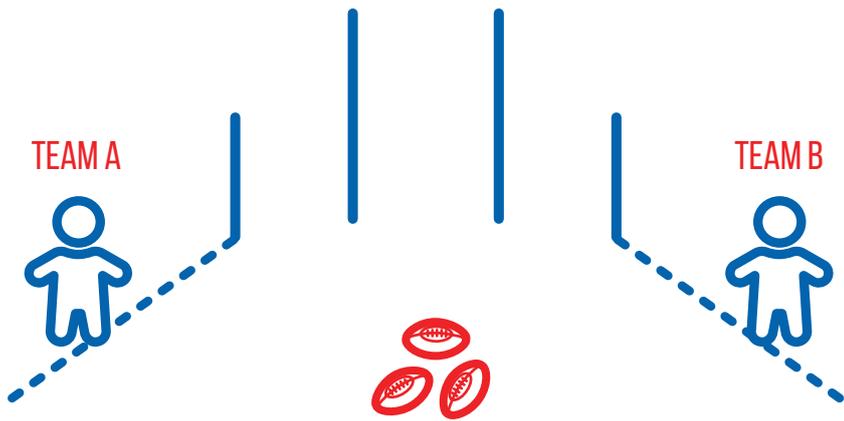
When the number is called, the children with that number race each other around their group, grab a football and try to kick the goal first. Even if their partner scores first, both children get to score goals. If they miss, they have another go. Afterwards, collect the footballs and return to the pile.

EMPTY THE CIRCLE (KICKING)

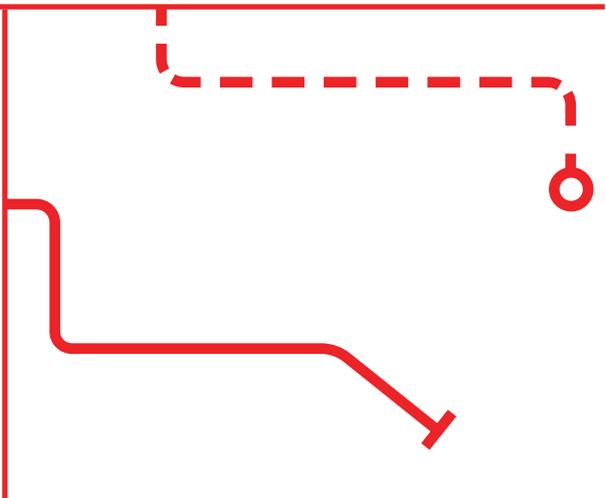
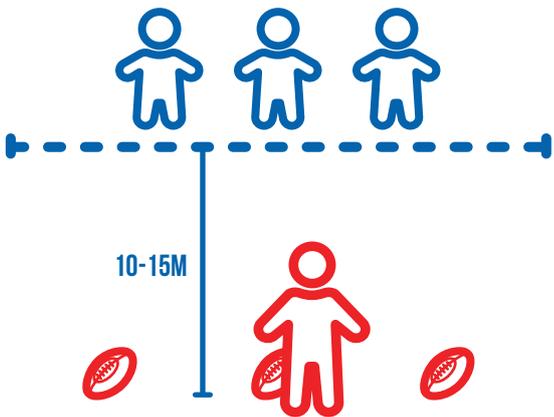
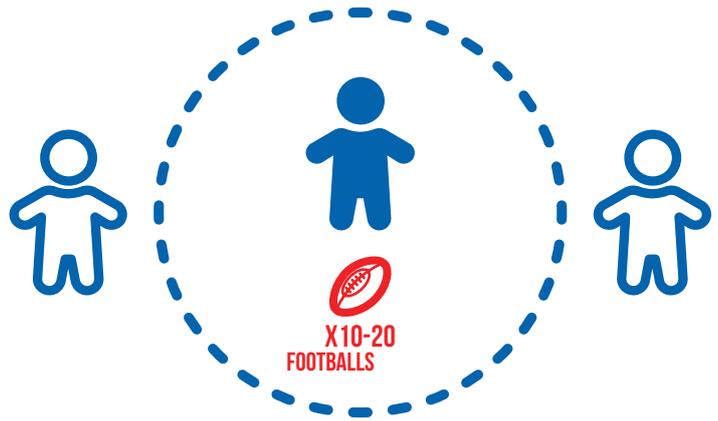
Set up a 5m diameter circle containing 10-20 footballs. Approximately 1/5th of the children are placed inside this circle. The remainder of children patrol outside.

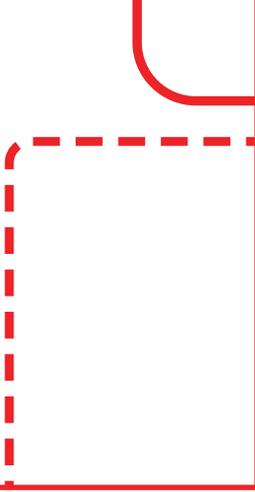
MR./MRS. FREEZE (PICKING UP)

The children place all footballs in a line on the ground. Ensure the footballs are equally spaced apart. Line children up facing the footballs approx 10 - 15 metres away. Explain to the children that the coach is Mr./Mrs. Freeze and the children need to steal the footballs. When the coach has their back turned, the children may sneak towards the footballs. When the coach turns around children must freeze. Once one child picks up a football, all children may pick up their footballs. Once the children have their footballs, they must run back to the starting point without being tagged by Mr./Mrs. Freeze.



The children inside the circle must pick up the footballs and kick them out as fast as possible. The children outside the circle attempt to retrieve the footballs as quickly as possible. The game finishes when all the footballs are out of the circle at the same time.





KICK TENNIS (MARKING)

Children position in opposite halves of the marked area. The objective of the game is to get the ball to land in the opponent's half of the court without being marked. If the child marks the football, they are safe. If the football is dropped or lands in the square, the team that kicked the football receives one point.

Variations include children being eliminated if they drop the ball. Avoid elimination games for very young age groups.



SCOUT (ADVANCED MARKING)

Children position in opposite halves of the marked area. One child from each team acts as a "scout" in the opponent's area. The objective of the game is to get the ball into the hands of the scout in the opponent's court.

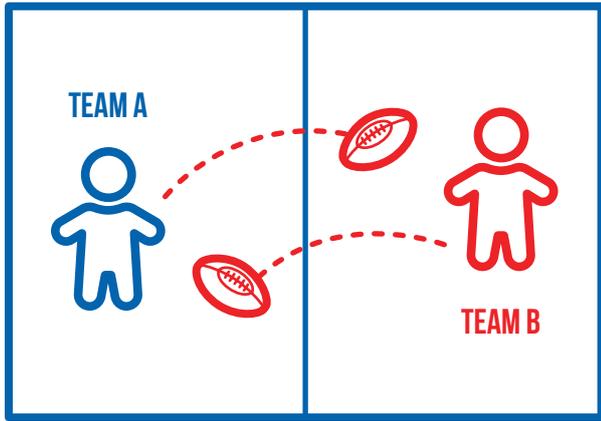
An additional scout is sent into the opponent's court for each successful attempt, until there are three. That is when the scoring begins. Points are scored for passes received by these scouts. Scouts may pass to each other, but these do not count as a score. The team that scores the most points in a given period, or reaches a certain score first, wins. (No running with the ball.)



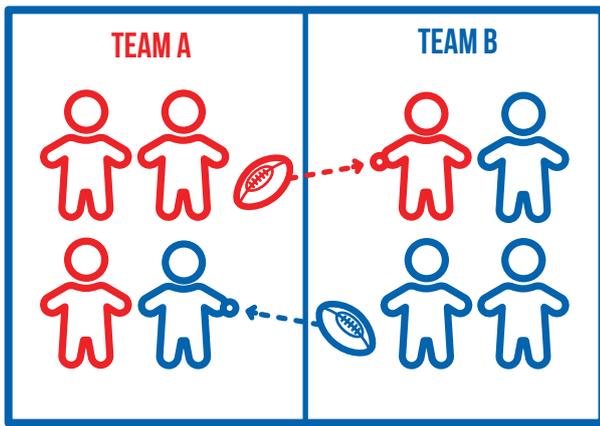
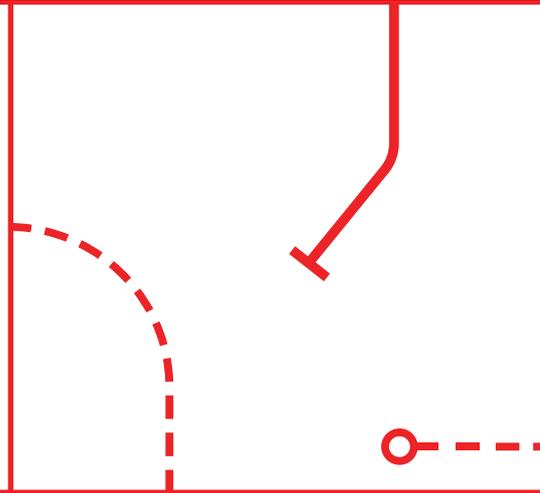
SLEEPYHEAD (MARKING)

Children form a circle, with a coach in the middle. The coach has 2 footballs and randomly throws the footballs to the children, trying to catch them off guard. If a child drops the catch, they run around the circle back to their position.

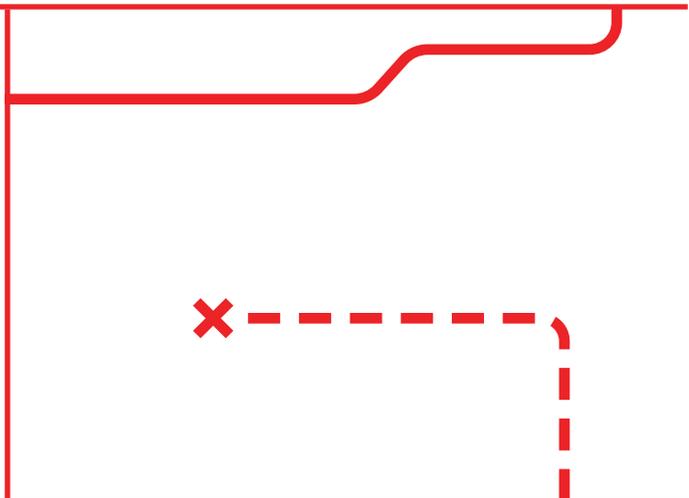
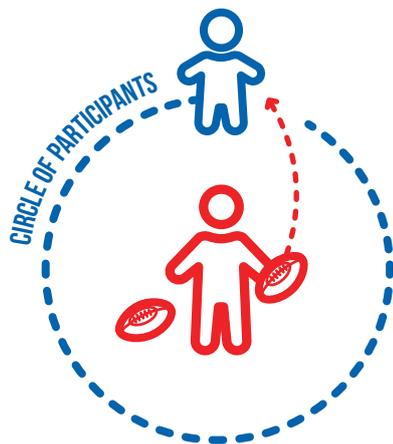
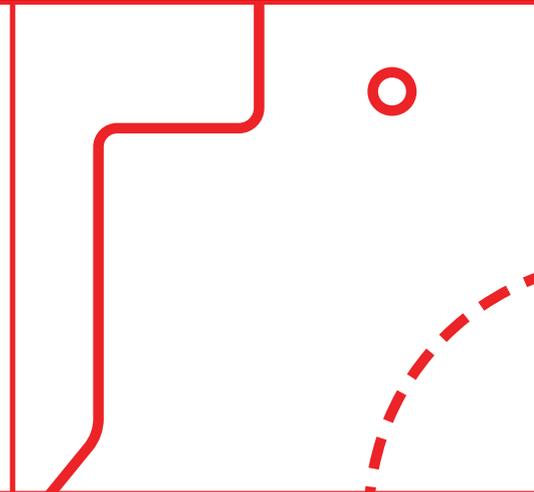
Children can throw the ball back to the coach, only when he/she is looking.



Place markers along lines



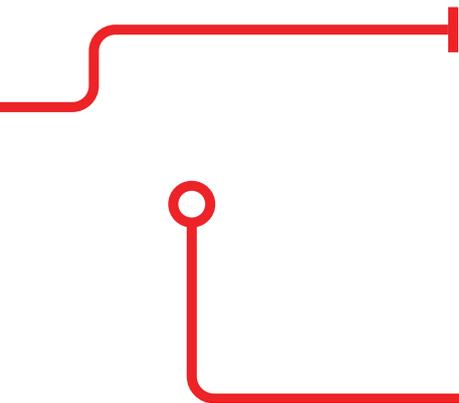
Place markers along lines





CONTINUOUS CRICKET (KICKING & MARKING)

Split the children up into two equal teams, one batting, one fielding. Batsman hits or kicks the ball away and runs to the marker and back to score a run. Fielders must quickly return the football to the bowler as they may bowl immediately, whether the batsman is ready or not. The batsman may be caught, bowled or run out. The ball can be rolled or thrown. Change over when the whole team is out. The team with the most runs wins.



ROB THE NEST (PICKING UP)

Make four 'nests', each nest in its own coloured set of markers. E.g. a blue, green, yellow and red nest. Place footballs in the centre. Split group into three or four nests. Children take turns in racing to pick up the footballs and return them to their nest (1 at a time).

Race to collect the most footballs – once the middle nest is empty, steal from other team's nest.

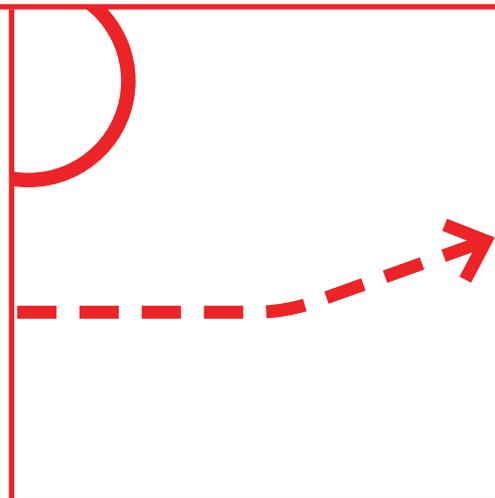
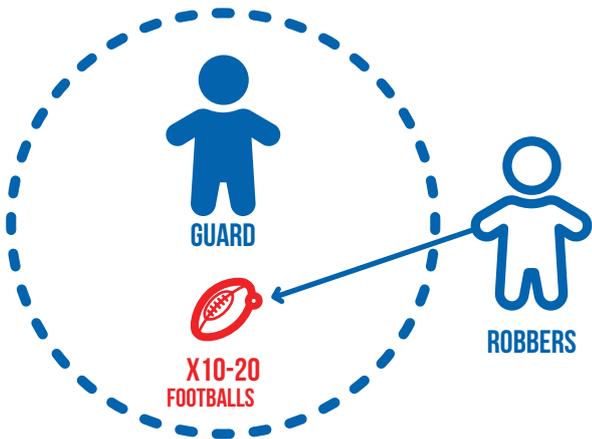
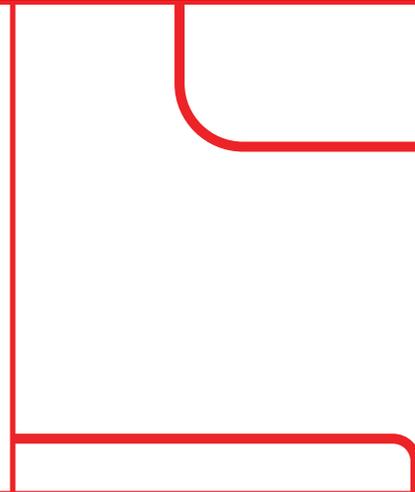
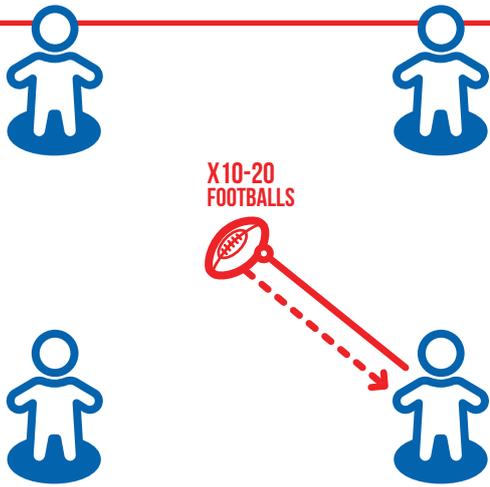
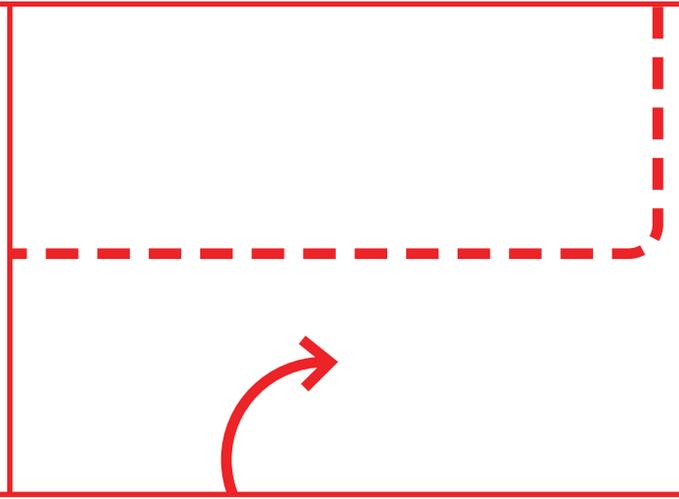
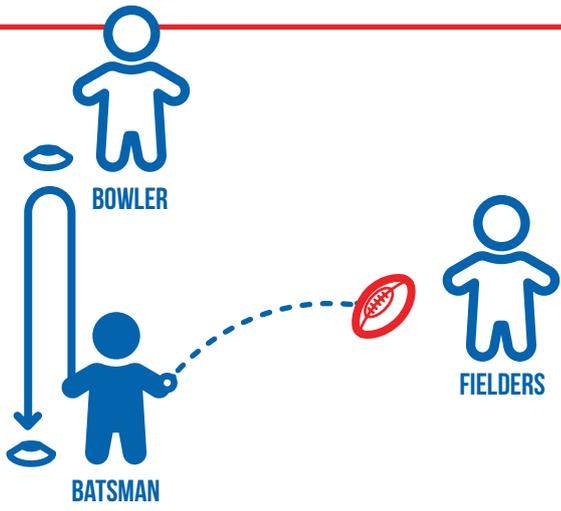


STEAL THE FOOTBALLS (PICKING UP)

Set up a 5m diameter circle containing 10-20 footballs. Approximately 1/5th of the children are placed inside this circle. The remaining children patrol outside. The "robbers" must attempt to steal the footballs from inside the circle.

The guards attempt to protect the footballs and tag as many "robbers" as possible. Any "robbers" caught remain and help inside the circle.





MAD EAGLE (PICKING UP)

Place footballs in a circle on the ground and line up around the circle. Each child is given a number between 1 - 4. The coach is the Mad Eagle and footballs are the eagle's eggs. The coach yells out a number. If the number is called, all children with that number need to run around the circle, then try to steal a football from the nest. Coach is to be a mad eagle and try to stop them.

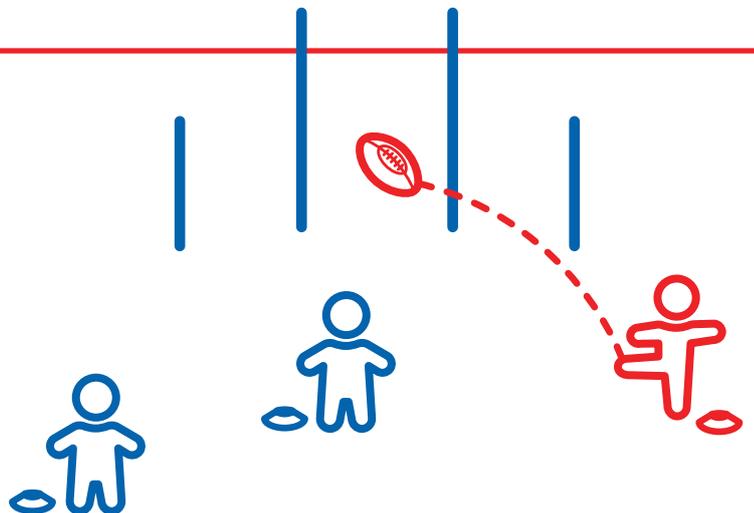
HIT THE TARGET (KICKING)

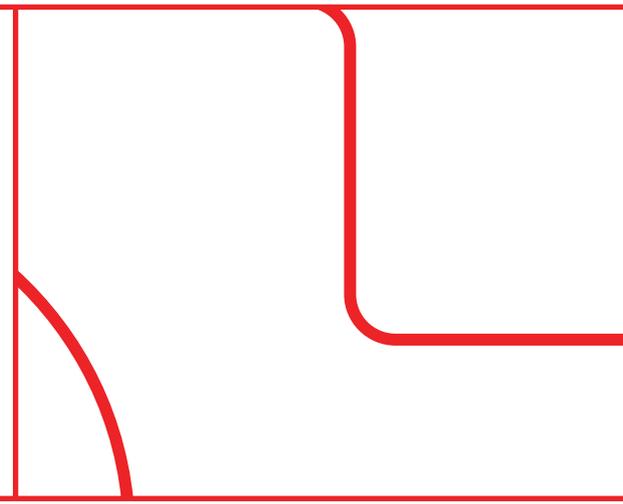
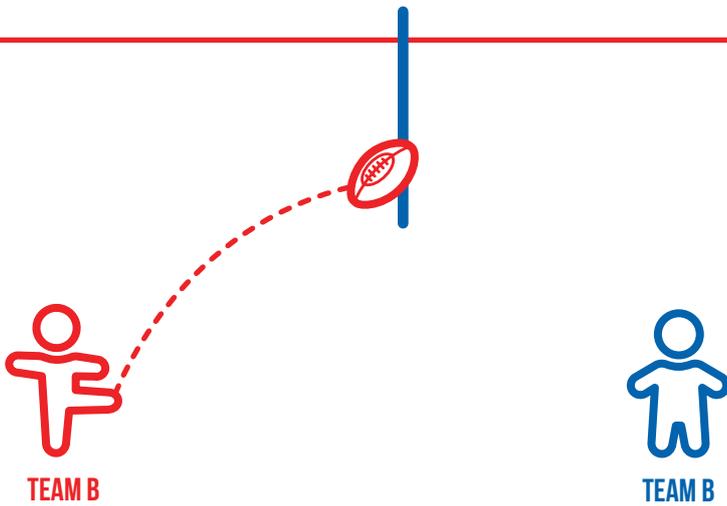
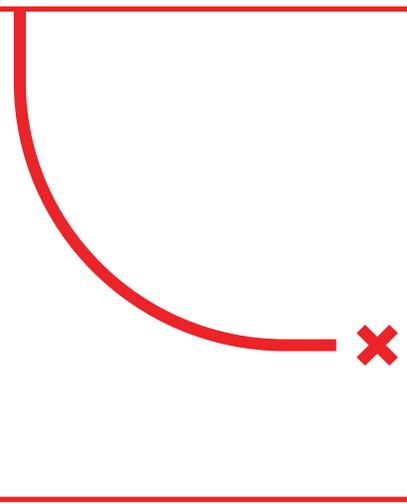
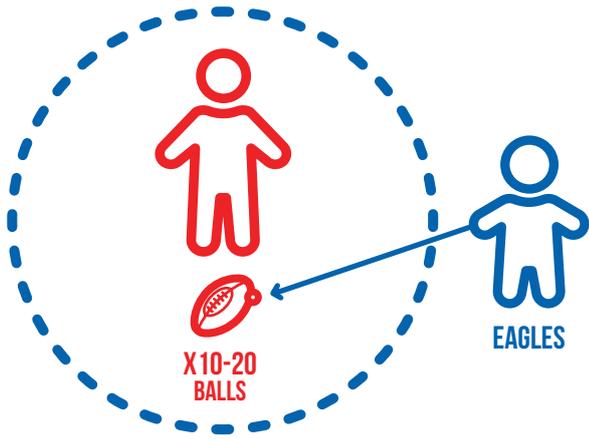
Split into two teams, children try to hit a single goalpost. Two points are scored for a direct hit, one point is scored for a bounced hit. Once the ball is kicked, the child must retrieve the football

and handballs to the next person in line. The team with the most points wins. Vary the position the team is to kick from.

AROUND THE WORLD (GOAL KICKING)

Place markers at different points around goal posts. The children take turns trying to kick goals. Move onto a new marker each time a goal is kicked.





HAVE YOU GOT A GAME YOU PLAY THAT THE KIDS LOVE? WE WOULD LOVE TO HEAR ABOUT IT!

Send us an explanation of the game to superstars.footy@afl.com.au

Feel free to include photos and/or videos of the game



SAMPLE SESSION PLAN #1

SESSION FOCUS MARKING

WARM UP GAME ROB THE NEST

Make 4 'nests', each nest in its own coloured set of markers, with footballs in the centre. Split group into the 3 or 4 nests. Children take turns in racing to pick up the footballs and return them to their nest (one at a time). Race to collect the most footballs – once the middle nest is empty, steal from other team's nest.

SKILL GAME SLEEPYHEAD (MARKING)

Children form a circle, with a coach in the middle. The coach has 2 footballs and randomly throws the footballs to the children, trying to catch them off guard. If a child drops the catch, they run around the circle back to their position.

Children can throw the ball back to the coach, only when he/she is looking.

GAME 3 X 10 MINUTE THIRDS

SAMPLE SESSION PLAN #2

SESSION FOCUS KICKING

WARM UP GAME CLUMPS

Children run around a circle listening to the coaches calls, the coach can yell out cues like; hop, skip, jump like a kangaroo etc. When the coach yells out a number, the children must sit down in a group of that number.

SKILL GAME EMPTY THE CIRCLE (KICKING)

Split into two teams, children try to hit a single goalpost. Two points are scored for a direct hit, one point is scored for a bounced hit. Once the ball is kicked, the child must retrieve the football and handballs to the next person in line. The team with the most points wins. Vary the position the team is to kick from.

GAME 3 X 10 MINUTE THIRDS

SAMPLE SESSION PLAN #3

SESSION FOCUS HANDBALLING

WARM UP GAME HERE, THERE & EVERYWHERE

The coach uses three words that have a special meaning, e.g: "EVERYWHERE": Stands for particular activity to be carried out such as running on hands and feet. "THERE": Children run after the coach. "HERE": Children run towards a nominated boundary.

SKILL GAME ACROSS THE OCEAN (HANDBALLING)

Set up a large rectangle and place footballs on the two longer sides. Children line up on one of the short sides. The coaches line up on either of the longer sides with footballs. Children run across the ocean when called by the coach and must make it to the other end. Children must dodge all footballs – if they're hit below the waist, they must join the coaches. If they are hit above the waist, the children are still 'in' and keep running. Coaches roll or handball footballs at children (no throwing).
- Call children over using e.g.: "people with hats on" or "people with brown hair" run across the ocean, etc.

GAME 3 X 10 MINUTE THIRDS

SAMPLE SESSION PLAN #4

SESSION FOCUS BOUNCING

WARM UP GAME SQUARE CHASE

Mark a square leaving room for children to run around its outside. Children stand outside the square, equal distance from each other, all facing one way. On the word "Go", all run. Each tries to catch the one in front and avoid being tagged by the one behind.

SKILL GAME BOUNCING RELAYS (BOUNCING)

Set up relay races – groups of five at most, with three cones for each team. Relay races – bounce at every cone. Have one turn practicing. ('touching' the ball on the ground for wet weather). After a couple of goes of bouncing, add in fun activities such as star jumps, spins etc. at the end of a relay line.

GAME 3 X 10 MINUTE THIRDS

CREATE YOUR OWN SESSION

SESSION

SESSION FOCUS

WARM UP GAME

SKILL GAME

GAME
3 X 10 MINUTE THIRDS

CREATE YOUR OWN SESSION

SESSION

SESSION FOCUS

WARM UP GAME

SKILL GAME

GAME
3 X 10 MINUTE THIRDS

For more information please visit www.aflq.com.au/juniormatchprograms/

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|

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QUEENSLAND



SUPERSTARS FOOTY

