



COACHES HANDBOOK





FOR KIDS BORN BETWEEN 1/7/2014 AND 30/6/2016

10 THINGS ABOUT SUPERSTARS FOOTY FOR PARENTS

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 of 6-a-side matches. This allows all players to have frequent and longer contact with the ball!

NON-CONTACT

No tackle! Modified rules provide players 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!

LIMITED TRAINING

Limited mid-week training, with match play sessions split over 15 minutes skill games and up to 45 minutes modified AFL match.

LOCAL CLUB CLUSTERS

Limited travel with localised clusters for players.

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!



TO REGISTER, VISIT
WWW.AFLQ.COM.AU/SUPERSTARS



JUNIOR FOOTBALL PATHWAY



WHAT IS SUPERSTARS FOOTY?

Superstars footy is a super fun, social and safe AFL Development Program for boys and girls who have graduated from the NAB AFL Auskick Program.

The program provides the opportunity for participants to further develop their football, social skills and match play in a local club environment before officially joining Footy4Fun (Junior Club Football) in Under 8s.

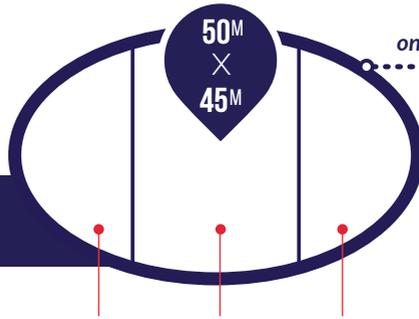
There are two Superstars Footy seasons per year, each running for 6 weeks (may vary between clubs). Each 1 hour session incorporates 15 minutes of game-based-skill activities followed by a 6-a-side modified AFL match typically on weekends. Junior Clubs have the option of up to one mid-week training session, where skill games and activities are played, rather than typical 'AFL drills'.

Some clubs may form a localised cluster, giving the opportunity for participants to play against other teams from other local clubs.



FEATURES

- Designed for 5-8 year olds
- Skill game-based activities (not repetitive drills)
- Season dates are aligned to local Junior seasons
- Low cost
- Great for further development footy skills
- Localised club clustering
- Easy registration at www.aflq.com.au/superstars



on field
 COACHES
 UMPIRES

GOAL UMPIRES
optional

HOW TO PLAY

Number of players

team a	team b
6	6

3 equal zones

A MARK
is awarded



TO ANY PLAYER
who catches the ball

match 3x
skill games



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

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.

Once everyone has kicked, coach blows



CHILDREN



COACH/
PARENT



MARKERS



BALL ^{SIZE 1}

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.

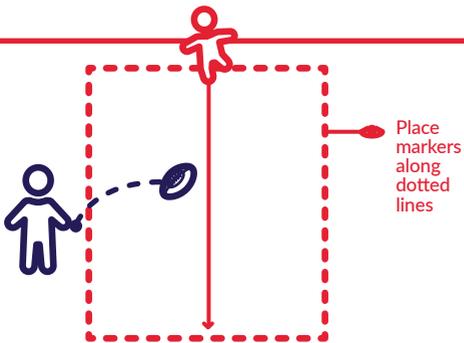
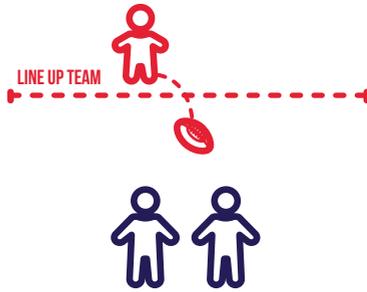
Children must dodge all footballs – if they're

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.

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.

The children inside the circle must pick up the

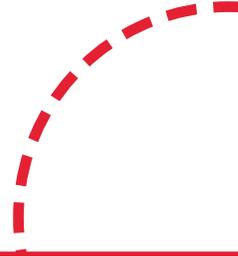
MR./MRS. FREEZE (PICKING UP)

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.

TEAM A



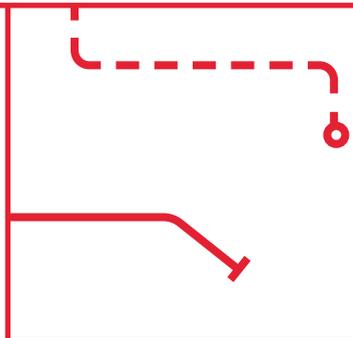
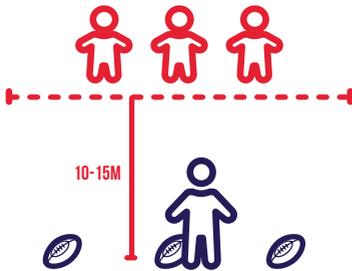
TEAM B



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.



X 10-20
FOOTBALLS





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)

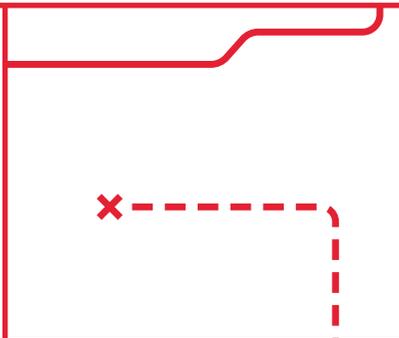
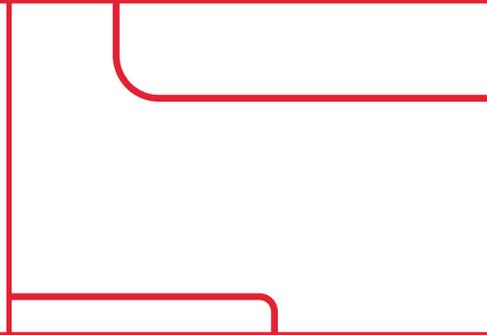
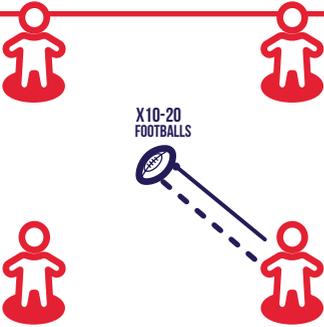
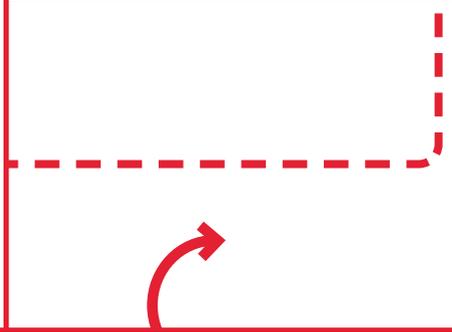
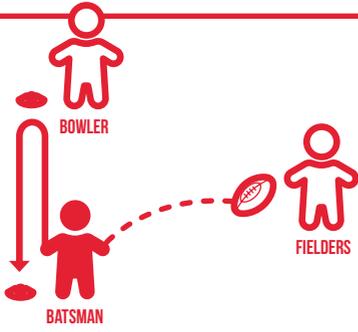
Make four 'nests', each nest in its own coloured set of markers. E.g. a blue, green, yellow and red nest. Place footballs in the centre. Split group into three or four nests. Children take turns in racing to pick up the footballs and return them to their nest (1 at a time).

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

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.



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.

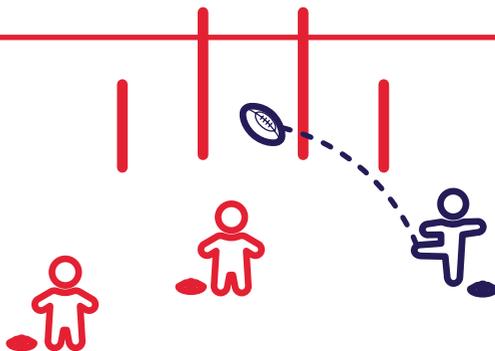
HIT THE TARGET (KICKING)

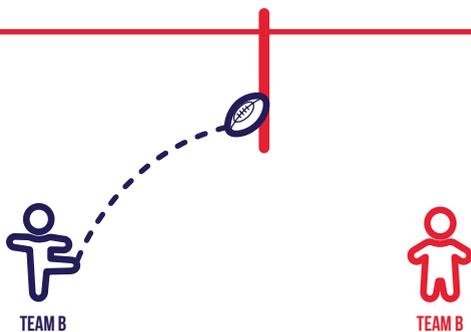
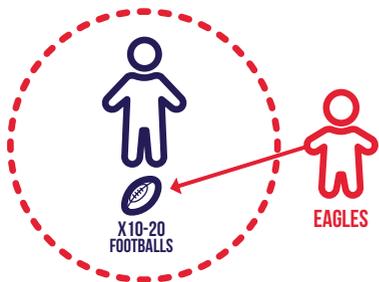
Split into two teams, children try to hit a single goalpost. Two points are scored for a direct hit, one point is scored for a bounced hit. Once the ball is kicked, the child must retrieve the football and handballs to the next person in line. The team

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.





Want to find further information on teaching footy skills, fun skill games or heaps of awesome video content?

Visit play.afl/Auskick/activities for heaps of helpful hints.

SAMPLE SESSION PLAN

SESSION

#1

SESSION FOCUS

MARKING

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

SESSION

#2

SESSION FOCUS

PICKING UP

MAD EAGLE

(PICKING UP)

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

CREATE YOUR OWN SESSION

SESSION

SESSION FOCUS

SKILL GAME

PHOTOCOPY FOR USE

GAME

3 X 10 MINUTE THIRDS



For further information on these programs, coach education or you'd just like to share your tips and tricks, please contact your local AFL Queensland staff member via aflq.com.au/contacts

5 QUICK COACHING TIPS

- Plan your sessions
- Use skill games & Activities, not drills
- Be encouraging and supportive
- You are the coach, you are the role model
- It's all about **FUN!**

