



Games for Coaching Sessions | SDNR

AFLQ understands and appreciates the importance of inclusion and diversity in all our programs across our football communities.

We celebrate Aboriginal and Torres Strait Islander culture and contribution to our game during the Sir Doug Nicholls Rounds. The Australian Sports Commission has produced a resource containing a collection of games that coaches can include during training sessions. 'Yulunga: Traditional Indigenous Games' is a fantastic resource that can be accessed at sportaus.gov.au/yulunga.

*Yulunga means playing in the language of the Kamilaroi (Gamori) people of northern-western New South Wales.

Kool-chee Kool-chee

‘kool-chee kool-chee’

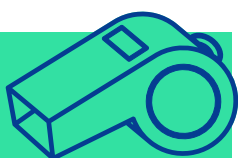
Origins: Played by the Diyari people from near Lake Eyre in South Australia.



How to Play

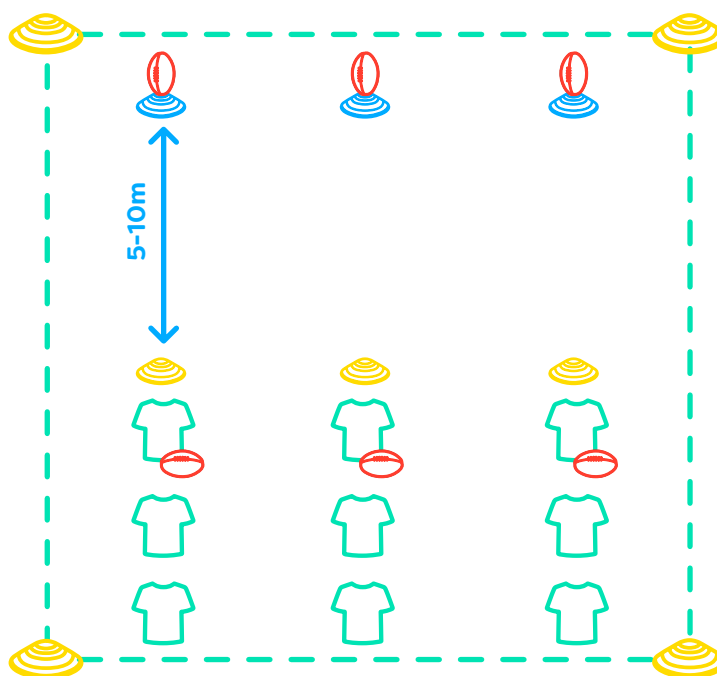
1. Equal teams of 3-4 students.
2. On whistle students attempt to roll a ball at the target.
3. If they knock the target off the cone they score a point.
4. Team to score the most points in 5 min wins that round.

Change it Up



- » Use different types of balls to roll at the target – footballs being the most difficult
- » Increase the distance each round

Setup



Equipment

Cones and footballs



Acknowledgment

The AFL recognizes the traditional owners of the games and activities included in this resource. The AFL also acknowledges Sport Australia for producing the [Yulunga resource](#) which some of the games in this resource has been adapted from.

pullyugge

'puly-ugg-e'

Origins: Played in the Murray, Lake Alexandria and Lake Albert areas of South Australia.

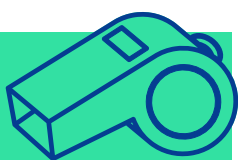


How to Play

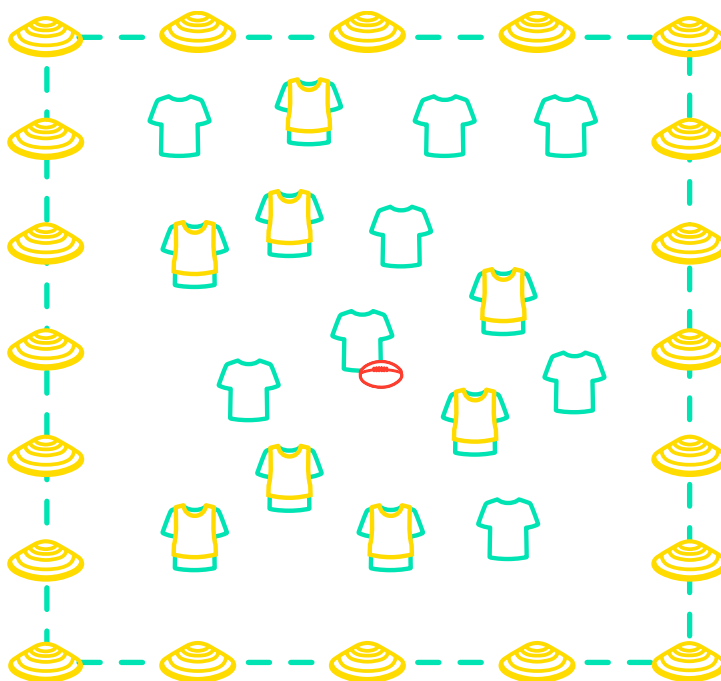
1. This keepings-off game encourages players to pass the ball using throwing/handpassing to keep the ball from the other team.
2. Start simple then add/modify rules based on ability:
 - » 5 seconds with the ball
 - » No running with the ball
 - » No contact
 - » No stealing of the ball

Change it Up

- » Introduce second football
- » Points for successive passes
- » Players must jump when passing & receiving



Setup



Equipment

Cones, footballs and bibs



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Apwerte

'ap-wer-te'

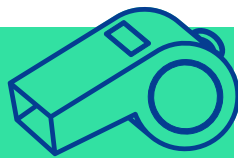
Origins: Warrina in Central Australia and Goondiwindi in Queensland.



How to Play

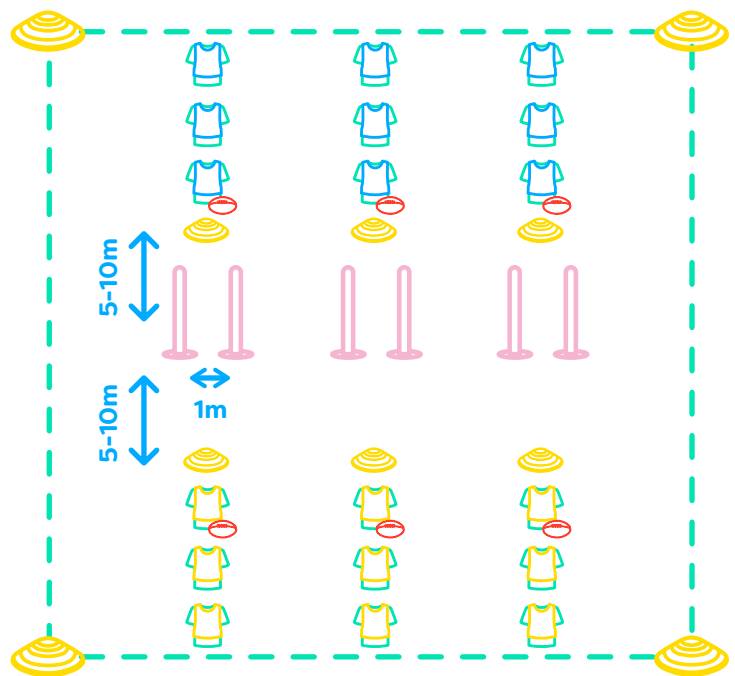
1. 8 x equal teams, 1 footy per 2 teams
2. Teams line up opposite their target posts.
3. First player on "Team A" attempts to roll the ball through the target posts.
4. The opposite team picks up the ball, returns to their cone and has their turn.
5. Once a player has rolled they go to the back of their team.
6. Points are scored by rolling through posts
7. Rotate teams every 3min

Change it Up



- » Players dribble kick the ball at the post
- » Place a cone between the kicker and the post which the ball must curl around

Setup



Equipment

Cones, footballs, posts and bibs



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