



***Superkick***

# **PROGRAM HANDBOOK**

# SUPERKICK FOOTY

FOR KIDS TURNING 8-12 IN THE CALENDAR YEAR

## 10 THINGS ABOUT SUPERKICK 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.

### COACHES ARE UMPIRES

Coaches support development by also officiating match play.

### NO TACKLING

Superkick has touch only rules, providing players in the best environment to learn and develop their footy skills.

### NO SCORES = MORE FUN

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

### LET'S BECOME BUDDIES

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

### IT'S LOCAL

All sessions are held at the same location. Limited travel for participants.

### LIMITED TRAINING

All sessions have both skills and games! Sessions split over 15 minutes skill games and up to 45 minutes modified AFL match.

### EVERYBODY GETS A KICK

Smaller field of 9-a-side matches. This allows all players to have frequent and longer contact with the ball!

### LEVEL UP WITH SUPERKICK

Whether you have played Footy before or not, level up your game with Superkick!



# WAYS TO PLAY PATHWAY

## MASTERS

(35+ years)

## SENIORS

(18+ years)

## YOUTH

(13+ years)

## NINES

(13+ years)

## SUPERKICK

(8-12 year olds)

## JUNIORS

(8-12 year olds)

## AUSKICK

(4-8 year olds)

# WHAT IS SUPERKICK?

AFL Superkick is for anyone 8-12 wanting to get a feel for footy without the pressure. Try out Superkick and level up your footy with training and games all in the one session! Sessions run either at a local footy club or after school. With no additional training and limited (or no) travel, parents feel less pressure too.

The program provides the opportunity for all participants to develop their footy skills through game-based activities and modified match play. It's within this environment, participants can be at their best and shine!

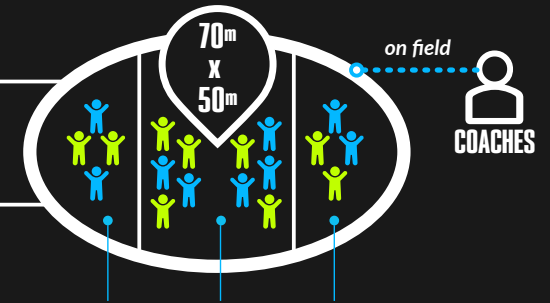
AFL Superkick seasons typically run for 6-10 weeks (will vary between clubs), with each session being one hour split into 4 quarters. Game-based activities for the first 15 minutes, leading to up to 45 minutes of modified match play. Programs can run mid week or on weekends.



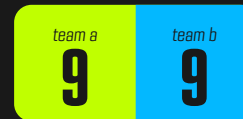
## FEATURES

- » Designed for 8-12 year olds
- » Great to level up your footy skills
- » Game based activities, not repetitive drills
- » Turn up and play, no additional commitment
- » low cost = affordable

## HOW TO PLAY



Number of players



3 equal zones

**A MARK**

is awarded



**TO ANY PLAYER**  
who catches the ball

match 3x

skill games

**60 MINS**  
play time



**NO BOUNCE**

permitted



SIZE 2

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/hands

**A KICK IS AWARDED**

to the opposite team



# SKILL GAMES

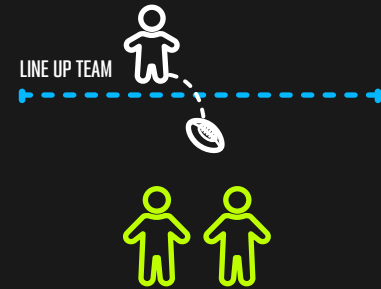
## BOMB THE PARENTS/ COACHES (KICKING)

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 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.



CHILDREN



COACH/  
PARENT



MARKERS



BALL SIZE 2

## 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.

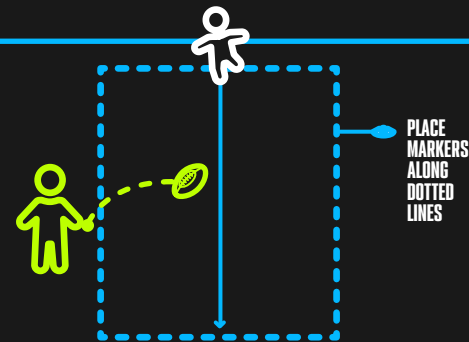


## ACROSS THE OCEAN (HANDBALLING)

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.



## 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.

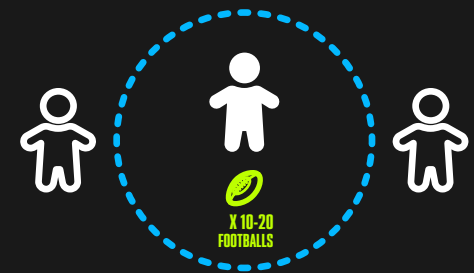
When the number is called, the children with that number race each other around their group, grab a football and try to kick the goal first. Even if their partner scores first, both children get to score goals. If they miss, they have another go. Afterwards, collect the footballs and return to the pile.



## EMPTY THE CIRCLE (KICKING)

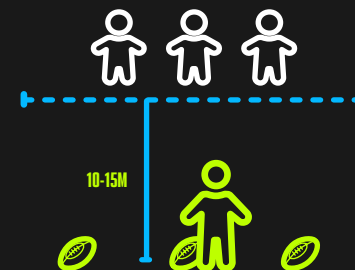
Set up a 5m diameter circle containing 10-20 footballs. Approximately 1/5th of the children are placed inside this circle. The remainder of children patrol outside.

The children inside the circle must pick up the 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.



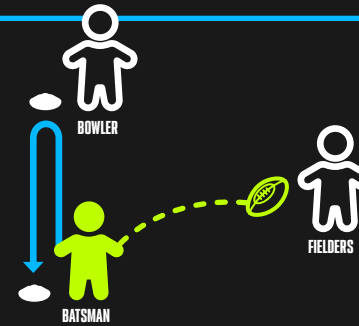
## MR./MRS. FREEZE (PICKING UP)

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.



## CONTINUOUS CRICKET (KICKING & MARKING)

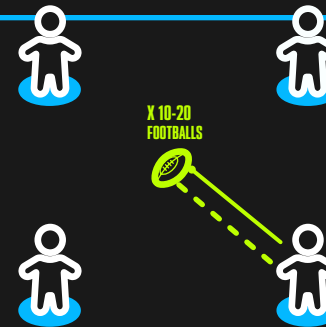
Split the children up into two equal teams, one batting, one fielding. Batsman hits or kicks the ball away and runs to the marker and back to score a run. Fielders must quickly return the football to the bowler as they may bowl immediately, whether the batsman is ready or not. The batsman may be caught, 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.

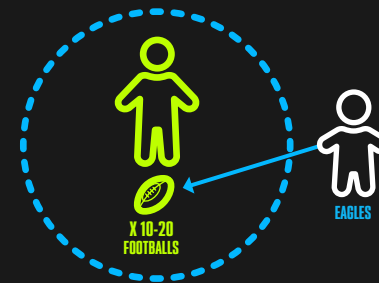
Children can throw the ball back to the coach, only when he/she is looking.



## 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.

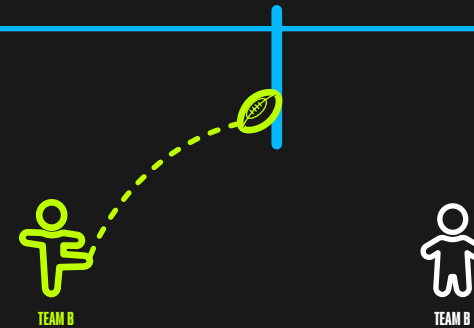
If the number is called, all children with that number need to run around the circle, then try to steal a football from the nest. Coach is to be a mad eagle and try to stop them.



## HIT THE TARGET (KICKING)

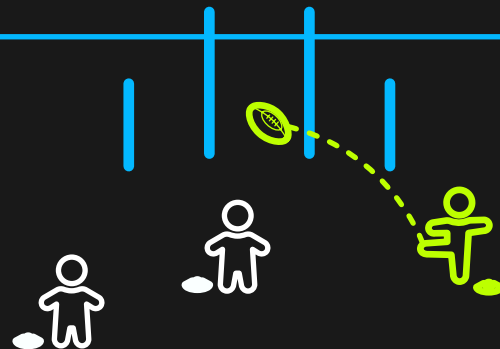
Split into two teams, children try to hit a single goalpost. Two points are scored for a direct hit, one point is scored for a bounced hit. Once the ball is kicked, the child must retrieve the football and handballs to the next person in line.

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](https://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**

**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**

# CREATE YOUR OWN SESSION

**SESSION**

**SESSION FOCUS**

**SKILL GAME**

**PHOTOCOPY FOR USE**

**GAME**





To find your closest AFL Superkick Centre, head to [play.afl.com.au/superkick](https://play.afl.com.au/superkick) now!

Should you have any additional questions, feel free to contact your local AFL Development team member, or email our team at [superkick@afl.com.au](mailto:superkick@afl.com.au)!

## 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!**