

NAB AFL Auskick typical session schedule



***Reader note:** while these stories have been developed to support all young people's participation in footy, we recommend that you speak with your child about the concepts and examples in a way that is relevant to your child.*

Auskick sessions usually follow the same schedule each week. The coach gets all of the players together in a group on the oval and reminds us about the rules and tells us what we are going to do for the session.



We play warm-up games and activities.



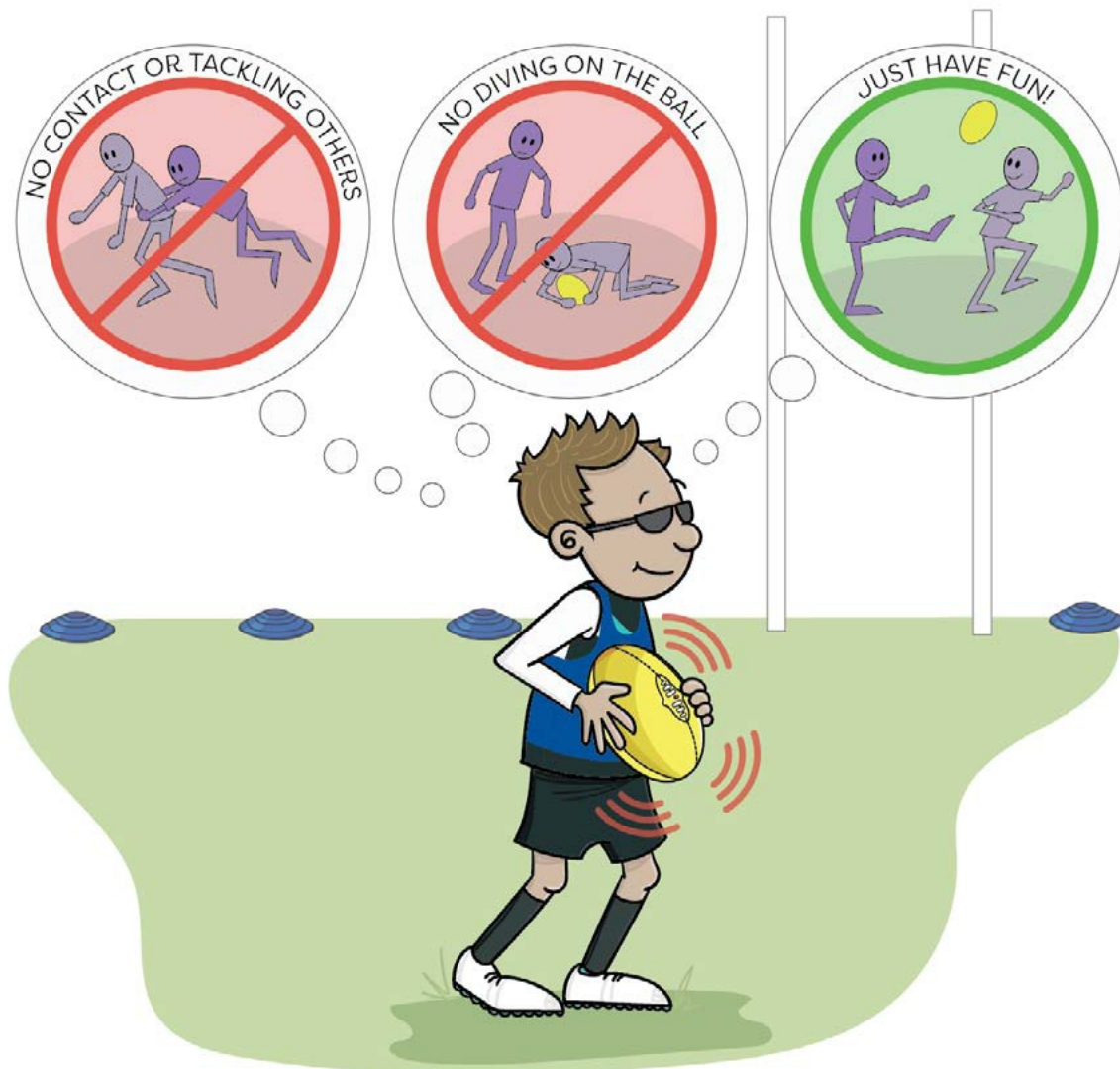
Some Auskick centres might play a mini match with Auskick rules before the activities.



We usually do four activities in smaller groups.
When we do our activities, we might practise skills such as kicking, marking, handballing and bouncing the ball.



After activities, we usually play a mini match.
Remember, the mini matches have Auskick rules!



The last thing we do is come together as a group.
The coach might tell us about the day and about
what is happening next week.



This is the usual Auskick schedule, but it might be a little different at my centre. The coach and my family will help me know what to expect!





AllPlay Footy is a joint initiative by Monash University and the AFL. AllPlay Footy was founded at Deakin University in 2015 and has been part of Monash Education since 2021. The AllPlay Footy content and resources presented here have been developed with people with lived experience of disability, consultants from National Sporting Organisations for People with Disability, psychologists and researchers, and are brought to you with funding from a Department of Social Services Information, Linkages and Capacity Building: Social and Community Participation Stream (2020-2021) grant. We aim to use language that is respectful to everyone.

Cartoon illustrations by Michelle Commandeur (www.commic.com.au)