**Auskick/Juniors Session Plans**

**⭐ Lesson 1: Get to Know the Game**

**Objective:** Introduce the ball, basic movement, and kicking  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Footy Freeze* – Players jog, bounce, or handball. Freeze in a footy pose when music or whistle stops.
* **Skill Activity (15 mins):** *Kick & Chase* – Players kick the ball forward then run and chase it. Add a partner race for fun.
* **Game-Based Activity (20 mins):** *Treasure Island* – Teams collect cones (treasure) by kicking balls to targets. Must run to retrieve the ball each time.
* **Mini-Match (10 mins):** 3v3 or 4v4 with no tackling – focus on kicking and sharing the ball.
* **Cool Down (5 mins):** Team jog and stretch.  
  🗨 “How do you aim your kick?”

**⭐ Lesson 2: Bounce, Catch & Go**

**Objective:** Practice bouncing, marking, and spatial awareness  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Traffic Jam* – Players bounce or handball in an open space, avoiding others.
* **Skill Activity (15 mins):** *Bounce to Base* – Players bounce every 3–5 steps on the way to a cone, then return.
* **Game-Based Activity (20 mins):** *Catch Me If You Can* – Players run and call “mark” to catch a teammate’s soft kick.
* **Mini-Match (10 mins):** 4v4 or 5v5. Bonus points for marks.
* **Cool Down (5 mins):** Partner ball passing and deep breathing.  
  🗨 “When is a good time to bounce the ball?”

**⭐ Lesson 3: Handball Heroes**

**Objective:** Develop handball technique and teamwork  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *High Five Relay* – Players run to each cone, giving handballs (soft) to a coach or teammate.
* **Skill Activity (15 mins):** *Target Practice* – Handball to hit cones, buckets, or walls while moving through a course.
* **Game-Based Activity (20 mins):** *Handball Chain* – Teams must move the ball down the field with handballs only.
* **Mini-Match (10 mins):** 3v3 or 4v4 using handballs only.
* **Cool Down (5 mins):** Team circle: handball and compliment a teammate.  
  🗨 “How can you help a teammate get the ball?”

**⭐ Lesson 4: Kick It Long, Kick It Right**

**Objective:** Focus on long and short kicks with accuracy  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Kick, Catch, Repeat* – Pairs kick and catch while moving across the ground.
* **Skill Activity (15 mins):** *Goal Kicking Lanes* – Set up small goals (cones) and players kick to score. Vary distance and angles.
* **Game-Based Activity (20 mins):** *Kick Tennis* – 2 teams try to kick over a line; team must mark the ball. Drop = point to kicker.
* **Mini-Match (10 mins):** 5v5. Points for accurate kicks to teammates or goals.
* **Cool Down (5 mins):** Walking kicks and team stretch.  
  🗨 “What helped you kick straight?”

**⭐ Lesson 5: Footy Frenzy**

**Objective:** Combine kicking, marking, bouncing in fun footy races  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Footy Circuit* – Bounce, sidestep cones, handball to a partner.
* **Skill Activity (15 mins):** *Relay Challenge* – In teams: kick, run, bounce, handball back, then next player goes.
* **Game-Based Activity (20 mins):** *Footy Obstacle Course* – Players must complete a moving challenge using footy skills.
* **Mini-Match (10 mins):** 4v4 or 5v5 with full skill use.
* **Cool Down (5 mins):** Jog and high five tunnel.  
  🗨 “Which skill helped your team the most today?”

**⭐ Lesson 6: Defenders & Space Makers**

**Objective:** Teach movement into space and simple defensive pressure  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Space Race* – Players must run into an empty zone when coach calls “go.”
* **Skill Activity (15 mins):** *Pressure Handball* – Players handball while lightly shadowed. Must move to get free.
* **Game-Based Activity (20 mins):** *Defender Tag* – Defenders try to tag attackers dribbling or carrying a ball. Switch roles often.
* **Mini-Match (10 mins):** 5v5. Focus on space and pressure.
* **Cool Down (5 mins):** Walk in pairs and share how they defended.  
  🗨 “How can you help your team when you don’t have the ball?”

**⭐ Lesson 7: Teamwork & Talk**

**Objective:** Build communication, support play, and passing chains  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Shout & Pass* – Players must call a name before passing. Always moving.
* **Skill Activity (15 mins):** *Follow the Leader* – Pairs work together to pass while moving in the same direction.
* **Game-Based Activity (20 mins):** *Team Tag Ball* – Teams pass to avoid being tagged, always moving and talking.
* **Mini-Match (10 mins):** 5v5 with rules: must pass to 2 teammates before scoring.
* **Cool Down (5 mins):** Circle compliments – each player thanks a teammate.  
  🗨 “What did your team do well together?”

**⭐ Lesson 8: Auskick Carnival Day**

**Objective:** Celebrate the season with fun and games  
**Duration:** 60 mins

* **Warm-Up (10 mins):** *Dance & Footy Moves* – Dribble or bounce with music. Freeze in footy positions.
* **Carnival Stations (35 mins):** Rotate through 5 mini-games:
  + Goal Kicking
  + Handball Target
  + Obstacle Course
  + Kick-to-Mark
  + Team Relay
* **Mini-Match (10 mins):** Kids vs Coaches, or mix teams and rotate.
* **Cool Down (5 mins):** Medal/sticker presentation, photo time, and huddle.  
  🗨 “What was your favourite footy skill this term?”