

FREO FOOTY SKILLS

TEACHER'S MANUAL

2023



Proud Major Partners



FREMANTLE DOCKERS

▶ CONTENTS

Introduction	1
Using the Manual	2
Recommended Timeline	3
Lesson Plan 1 Freo Kwik Kick	4
Lesson Plan 2 Freo Long Bomb	6
Lesson Plan 3 Marking and Torpedo Punt	9
Lesson Plan 4 Freo Fast Ball and Bouncing	11
Lesson Plan 5 Game Play	14
NAB AFL Auskick Rules Flow Chart	15
Lesson Plan 6 Preliminary Trial	17
Coordinator's Checklist	18
Rules and Regulations	19
Freo Kwik Kick Diagram	21
Freo Long Bomb Diagram	22
Freo Fast Ball Diagram	23
Official Recording Sheets	24
Freo Kwik Kick Official Recording Sheet	25
Freo Long Bomb Official Recording Sheet	26
Freo Fast Ball Official Recording Sheet	27
School Winners Results Page	28
Notes Page	29

▶ INTRODUCTION

At the Fremantle Dockers, we are proud of the role we play in supporting WA schools through Freo Skills 4 Schools, which delivers a range of exciting and innovative school programs.

Freo Skills 4 Schools is a health and physical educational based program (endorsed by the Western Australian Curriculum Council) designed to enhance the implementation of Australian football within the school community. Freo Skills 4 Schools allows students the opportunity to participate in a range of fun physical activities, including;

Freo Fast Ball, Freo Kwik Kick and Freo Long Bomb.

To learn more about the range of programs and activities produced by the Fremantle Dockers, visit the schools page at fremantlefc.com.au/community or email: aine.tighe@fremantlefc.com.au

FREO FAST BALL, FREO KWIK KICK AND FREO LONG BOMB

As part of Freo Skills 4 Schools, the Freo Fast Ball, Freo Kwik Kick and Freo Long Bomb competitions will be conducted in primary schools across the entire State throughout term two. These fun competitions will involve students being active in the following ways:



Freo Fast Ball

Students participate in a team handballing relay



Freo Kwik Kick

Students participate in pairs kicking a football to each other as many times as they can in three minutes



Freo Long Bomb

Students participate in kicking a football as far as they can

The competitions may be conducted by a teacher or by the student council and are easy to organise. These activities can be conducted during lunch times to minimise disruption to classes, or can be included in normal physical education classes or sports lessons.

▶ USING THIS MANUAL

This manual contains important resource materials to assist teachers to *effectively implement Freo Fast Ball, Freo Kwik Kick and/or Freo Long Bomb* in schools. It provides a framework of developmental lessons, coordinator's checklists, rules and regulations, recording sheets and a calendar of events to assist students and/or teachers in coordinating these events.

The resources are simplistic in nature in order to allow students and/or teachers to utilise the content within the manual.

LESSON PLAN DOCUMENTS

The developmental lesson plans are a series of learning experiences aimed at enhancing students' skills through Australian rules football.

COORDINATOR'S PLANNING DOCUMENTS

The checklist and rules and regulations sheets are to ensure the programs are conducted in the most appropriate manner with the greatest of ease for the coordinator.

OFFICIAL RECORDING SHEETS

The official recording and winners pages can be photocopied at your convenience to assist the coordinator. The school winners information then needs to be entered online on the Freo Skills 4 Schools results page at wafooty.com.au/forms/freofootyskills/results



▶ RECOMMENDED TIMELINE

DATE	ACTION
24 April	Commence the competition(s)
29 May	Conclude the competition(s)
29 May	School winners' information to be entered online
5 June	School to receive student letter for invitation to State Semi Finals
5 July	State Semi Finals at Legacy Park, Cockburn
TBC	State Grand Finals as Curtain Raiser at Optus Stadium

In 2023 Freo Fast Ball can be completed in schools, with the Grand Final to be completed as part of the State Semi Finals at Legacy Park. Freo Fast Ball will not be part of the curtain raiser at Optus Stadium this year as we work to update the format of the competition for 2024.

PROGRAM RESOURCES

School promotional items and educational resources include:

- Fremantle Dockers footballs (size one)
- Team posters
- Six week physical education planning document
- Competition timeline
- Equipment checklist
- Event checklist
- Official recording sheets
- Official rules and regulations
- Promotional poster

By selecting one or all of the programs, (**Freo Fast Ball, Freo Kwik Kick and Freo Long Bomb**) your school is automatically registered to receive the **Freo Skills 4 Schools** teacher resource and promotional package.

LESSON PLAN 1 OF 6

FREO KWIK KICK



LESSON OUTCOMES

Each student will be able to:

- Kick an accurate drop punt to a stationary partner over a distance of 12 – 15 metres
- Kick a drop punt, displaying good technique with ball drop, contact point and follow through
- Kick a drop punt using the opposite foot, displaying good technique with ball drop, contact point and follow through
- Position themselves to mark a football that has travelled 12 – 15 metres

FREQ KWIK KICK TECHNIQUE

Nat Fyfe's Nifty Tip: Lean the upper body forward, keep the ball drop low and minimise your follow through to gain accuracy over a short distance.

The following points are recommendations that may assist in enhancing a student's skill development. We suggest that no more than three points are emphasised at any given time.

1. Hands grip on either side of ball, which is held vertically
2. Fingers pointing downward
3. Relaxed arms with wrists cocked slightly forward
4. Ball held over kicking foot
5. Ball and body lined up in direction of target
6. Ball is dropped from below waist height and guided by the same hand as the kicking foot
7. Keep eyes on ball during ball drop and at point of contact
8. Lower point of the ball to make contact with foot just above toes
9. Head and shoulders above ball at point of contact
10. Minimal follow through of the leg, with a majority of the power coming from the lower leg (knee joint)
11. Kicking leg should follow through towards target after kick, ensuring to point your toe
12. Back spin through the air is one point to assess a successful drop punt kick

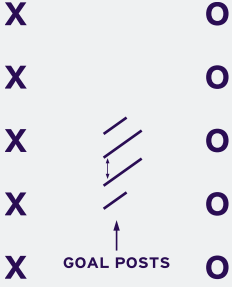

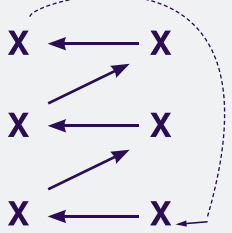
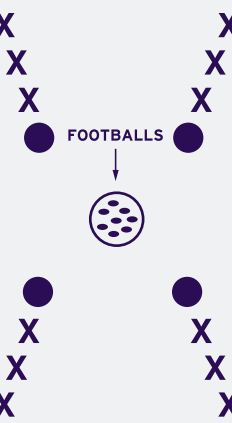
RECOMMENDED SKILL DEVELOPMENT ACTIVITIES

Partner Kicking

Partner kicking in a two-person kick-to-kick formation, students can work through the following challenges:

- Kick to a partner counting the total number of successful kicks in a given time, for example 60 seconds.
- Kick to a partner gradually increasing the distance each time the ball is marked by the stationary target.
- Kick to a partner counting the number of consecutive successful kicks in a given time, for example 60 seconds.
- Kick to a partner while balancing on one foot (using preferred and non-preferred side).
- Move back from the mark before kicking to a partner at a 45 degree angle.

RECOMMENDED ACTIVITIES

ACTIVITY	FORMATION	DESCRIPTION	EQUIPMENT
Shrinking Goals		<p>Aim: Score the most goals</p> <ul style="list-style-type: none"> Team one begins with the ball Each student attempts to kick the ball through the goals Conduct the kicking attempts in a sequential manner Team two collects the kicked balls and repeats the actions described above “Shrink the goals” (shorten the width) and conduct the next round of kicking Play at least three rounds and keep a record of each goal scored by a team member Team with the highest score wins 	<ul style="list-style-type: none"> Markers 1 football per pair
Relay Racing		<p>Aim: Move the ball through all the team members as quickly as possible</p> <ul style="list-style-type: none"> Students in line formation, kick the ball to the leader, run around the leader and return to the back of the line Leader handballs/kicks the ball to the next student in line Continue until all students are back in their original positions Variations to this activity include handballing, picking up a bouncing ball or throwing the football at different heights 	<ul style="list-style-type: none"> Markers 1 football per team
Fast Ball Kicking		<p>Aim: Move the ball through all the team members as quickly as possible</p> <ul style="list-style-type: none"> Football is accurately kicked in a zig-zag formation When the ball reaches the last team member all participants move into the position of the student they have kicked to, excluding the last student to receive the ball, who runs to the leader/starting position Game concludes once all students have returned to their original starting positions Teams can race off 	<ul style="list-style-type: none"> Markers 1 football per team
Rob the Nest		<p>Aim: To have the most number of footballs in your hoop</p> <ul style="list-style-type: none"> Four teams evenly spaced apart in a circle formation One hoop placed in front of each team and a central hoop placed an equal distance from all groups Fifteen to twenty footballs placed in the centre hoop One player from each team runs to collect and kick the football back to their team’s hoop and returns to the group, allowing the next person to go Only one team member at a time can leave to collect a football for the group Only one football can be kicked back to the group by a team member Winning team has the most balls in their hoop after a set time Variations include allowing teams to take footballs from the centre or other team’s hoops or continue until a team has a specific number of balls in their team’s hoop 	<ul style="list-style-type: none"> 5-6 Hoops 15-20 footballs

LESSON PLAN 2 OF 6

FREO LONG BOMB



LESSON OUTCOMES

Each student will be able to:

- Kick a drop punt, displaying good technique with ball drop, contact point and follow through
- Kick a drop punt with control to gain distance

FREO LONG BOMB KICKING TECHNIQUE

Nat Fyfe's Nifty Tip: Lean the upper body back, guide the ball down to your foot and maximise your follow through to gain distance.

The following points are recommendations that may assist in enhancing a student's skill development. We suggest that no more than three points are emphasised at any given time.

1. Hands grip on either side of ball, which is held vertically
2. Fingers pointing downward
3. Relaxed arms with wrists cocked slightly forward and fingers pointed towards the ground
4. Ball held over kicking foot
5. Ball and body lined up in direction of target
6. Move gradually into a slow jog to gain momentum in the direction in which the kick is intended
7. Ball is dropped and guided by same hand as kicking foot
8. Keep eyes on ball during ball drop and at point of contact
9. Lower point of the ball to make contact with foot just above toes
10. Head and shoulders above ball at point of contact
11. Full follow through of the leg towards the target, landing on the opposite leg to which the ball was kicked
12. Back spin through the air is one point to assess a successful drop punt kick

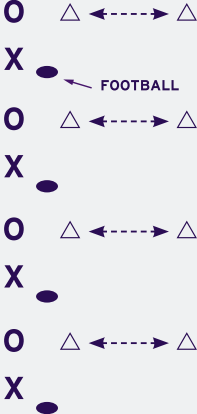
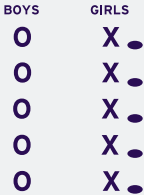
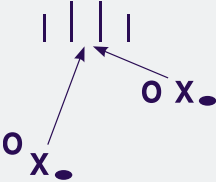
RECOMMENDED SKILL DEVELOPMENT ACTIVITIES

Partner Kicking

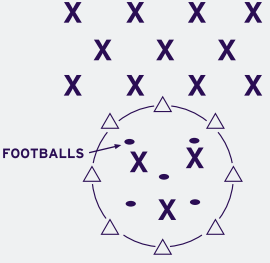
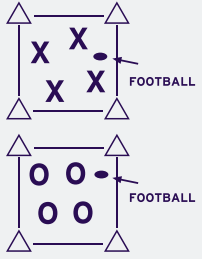
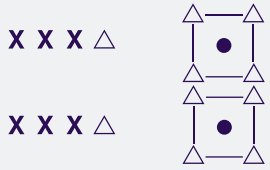
Partner kicking in a two-person kick-to-kick formation, students can work through the following challenges:

- Kick to a partner aiming to move your partner backwards to receive the ball, the return kick must be taken from the place where the ball was marked or first hit the ground.
- Kick from the edge of the centre square towards a partner on the opposite side of the square, aim to get the ball as far across the square as possible, partner one takes three kicks with partner two marking the distances each time before partner two attempts to beat the distance when roles are reversed.

RECOMMENDED ACTIVITIES

ACTIVITY	FORMATION	DESCRIPTION	EQUIPMENT
Go Ball		<p>Aim: To kick the football further and run faster than your partner</p> <ul style="list-style-type: none"> In pairs, one student kicks and the other retrieves All students kicking must kick simultaneously at the direction of the coach/teacher Kicker kicks the ball as far as possible Kicker runs forward to the designated marker then turns to run back to their starting marker Each run to a marker is counted as one run Partner runs and retrieves the ball as quickly as possible Retriever returns to the starting marker with the ball and the kicker ceases their running Kicker tells the retriever the number of runs made in their attempt Reverse roles to see if opposition can score more runs, i.e. kickers become the retrievers, retrievers become the kickers Student with the most runs in each pair wins 	<ul style="list-style-type: none"> Markers 1 football per pair
Kick Off		<p>Aim: To kick the football and run faster than the opposition team</p> <ul style="list-style-type: none"> All the girls start with a football and kick it as far as possible. After each person has kicked the boys line must retrieve the balls as quickly as possible Teacher counts aloud in a sequential manner i.e. One, two, three... Once the last boy returns the teacher stops counting The roles reverse and the girls attempt to complete the task faster than the boys Alternatively mix up groups randomly to complete with two even teams 	<ul style="list-style-type: none"> Markers 1 football per pair
Set Shots		<p>Aim: To kick more goals than your partner</p> <ul style="list-style-type: none"> In pairs, one student kicks at goals from a specific point If successful, the partner must kick from that exact point 	<ul style="list-style-type: none"> Goal Posts 1 football per pair

RECOMMENDED ACTIVITIES CONTINUED

ACTIVITY	FORMATION	DESCRIPTION	EQUIPMENT
<p>Empty the Nest</p>		<p>Aim: To kick the footballs out of the circle quicker than they are returned</p> <ul style="list-style-type: none"> • A five metre diameter circle containing 10 – 20 footballs • Approximately one fifth of the players are placed inside the circle, the remaining players patrol the outside of the circle • Players inside the circle attempt to pick up and kick as many footballs as far as possible • Players outside the circle retrieve the balls as quickly as possible • The game finishes when all balls are out of the circle at one time • Rotate the players inside and outside the circle regularly 	<ul style="list-style-type: none"> • Markers • 10-20 footballs
<p>Football Volleyball</p>		<p>Aim: To kick the football into the opposition area and have the opposition team make a skill error</p> <ul style="list-style-type: none"> • Teams of four, two teams play against each other • Football is kicked over the net/centre line (head height) and marked • Players can pass the ball within their team up to three times before returning to the opposition • Score is kept of errors made e.g. dropped ball or out of bounds 	<ul style="list-style-type: none"> • Markers • 10-20 footballs
<p>Football Darts</p>		<p>Aim: To kick the football into the target area to gain points</p> <ul style="list-style-type: none"> • Students kick the ball into the target area and score according to where it first lands • Maximum points for landing directly into the hoop in the middle of the target • The partner collects the ball and attempts the kick as mentioned above 	<ul style="list-style-type: none"> • 6 Hoops • 1 football per pair

LESSON PLAN 3 OF 6

MARKING AND TORPEDO PUNT



LESSON OUTCOMES

Each student will be able to:

- Kick a torpedo punt displaying good technique with ball drop, contact point and follow through
- Chest mark a football at waist to shoulder height
- Mark a football at different body levels (low, medium and high)

OVERHEAD MARKING TECHNIQUE

Nat Fyfe's Nifty Tip: Timing your body movements to make contact with the football at its highest point is of great importance. Arms extended, fingers spread apart, and jumping off one foot while driving the opposite knee into the air will all help in taking a great overhead mark.

The following points are recommendations that may assist in enhancing a student's skill development. We suggest that no more than three points are emphasised at any given time.

1. Watch the flight of the ball and position your body in line with the ball's path
2. Hand placement: thumbs touching, fingers spread and pointed upwards
3. Jump to meet the ball with the mark taking place slightly in front of head with arms extended
4. Eyes must be on the ball even once contact has been made

TORPEDO PUNT TECHNIQUE

The following points are recommendations that may assist in enhancing a student's skill development. We suggest that no more than three points are emphasised at any given time.

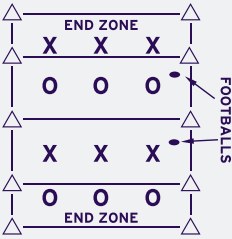
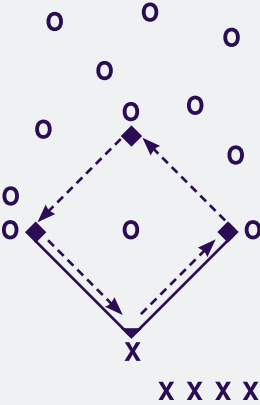
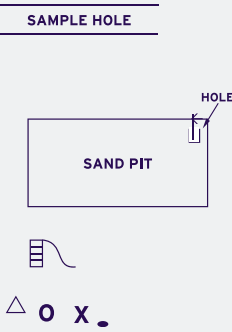
1. Hand grip on either side of ball which is held diagonally
2. Fingers point downward
3. Ball is turned slightly across the body
4. Ball is held over kicking foot
5. Move gradually into a slow jog to gain momentum in the direction to which the kick is intended
6. The hand in which the ball is being kicked with is used to guide the ball to the foot
7. Contact with the ball is on the upper part of the foot just above the toes
8. Full follow through of the leg towards the target, landing on the opposite leg to which the ball was kicked
9. A spiral motion through the air is one point to assess a successful torpedo punt

RECOMMENDED SKILL DEVELOPMENT ACTIVITIES

Partner Marking

In line formation, students stand opposite each other no more than five metres apart. One student holds the ball directly up in the air while their partner runs up and marks the ball. The student marking will reach into their partner's hands to receive the ball before swapping roles.

RECOMMENDED ACTIVITIES

ACTIVITY	FORMATION	DESCRIPTION	EQUIPMENT
Endball		<p>Aim: To kick the football into the end zone and have it marked by a teammate</p> <ul style="list-style-type: none"> Students from within the playing area kick the football on the full to one of their teammates, who marks the football in the goal area to score a point To score, the ball must travel over the opposition, who attempt to intercept the kick The student who kicks the ball and the student who marks the ball on the full change places 	<ul style="list-style-type: none"> Markers 2-3 footballs
Beat the Ball		<p>Aim: To run the four bases faster than the football</p> <ul style="list-style-type: none"> Similar to baseball, two opposing teams One team are the designated kickers (batters) One team fields with a person on first, second, third and home base Kicker positions their kick to be able to run all four bases in one attempt Fielding team must retrieve the football then throw, handball or kick through all the bases The objective for the kicker is to beat the ball around the bases If the kicker beats the ball to home base one run is scored Each kicking team member attempts to beat the ball, then change over for the fielding and kicking teams Fielders can handball, throw or kick the ball 	<ul style="list-style-type: none"> 4 bases or markers 1 football
Football Golf		<p>Aim: To kick the football into the target area in the least number of kicks</p> <ul style="list-style-type: none"> Use a marker as a tee and hoops/buckets as holes Students kick the ball accurately and with distance towards the hole The student plays the ball where it lies Set out the course allowing various distances between holes with obstacles such as trees, sand pits, play equipment providing a greater challenge In class have the students create and draw each hole producing a map and scorecards Challenge the students to move around the course in the fewest number of kicks 	<ul style="list-style-type: none"> 1 football per student PE equipment (Hoops, ladders etc) to construct course

LESSON PLAN 4 OF 6

FREO FAST BALL AND BOUNCING



LESSON OUTCOMES

Each student will be able to:

- Handball accurately to a stationary partner over a distance of four metres
- Handball displaying good technique with stance, contact point and follow through
- Handball using the opposite hand displaying good technique with stance, contact point and follow through
- Handball accurately to a stationary partner, while moving
- Bounce the ball using preferred or non-preferred hand while moving

FREQ FAST BALL TECHNIQUE

The following points are recommendations that may assist in enhancing a student's skill development. We suggest that no more than three points are emphasised at any given time.

1. Place the football on a flat palm
2. Make a fist with your thumb outside the fingers
3. For a right-handed handball, the left foot is forward, and vice-versa
4. Swing your punching arm so the fist makes contact with the football
5. Follow through with the flat palm catching the fist that has made contact with the ball

BOUNCING TECHNIQUE

The following points are recommendations that may assist in enhancing the student's skill development. We suggest that no more than three points are emphasised at any given time.

1. Hold the ball slightly on top with your preferred hand
2. Opposite hand is placed on the side of the ball
3. With your preferred hand push the ball out on a 45 degree angle towards the ground
4. Release the ball at waist height
5. Ball strikes the ground at an angle of approximately 45 degrees
6. Ball will bounce back up towards the bouncer

RECOMMENDED SKILL DEVELOPMENT ACTIVITIES

Learning to Bounce

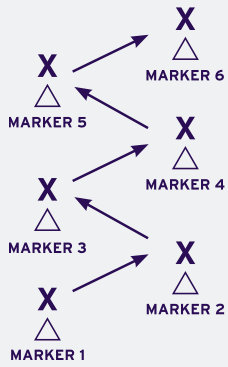

A gradual progression of bouncing a ball can be adopted to assist with the skill. Start by bouncing a ball kneeling on two knees, kneeling on one knee, standing stationary, walking and then jogging. Extension activity for competent bouncers may be students using their non-preferred hand to bounce or with a partner swap footballs while in the act of bouncing.

Hot Spot

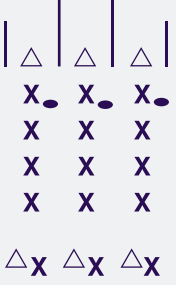
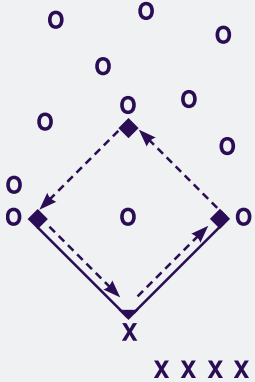
In groups of three, students are to form a triangle formation, with one player in the "hot spot". With two balls, the student in the "hot spot" is to receive and release the footballs as quickly as possible. The two students feeding the balls to the "hot spot" must ensure they time the handballs, so the student must react quickly to receiving the next ball.

The balls can be delivered to the "hot spot" in the following way: half volleys, ground balls, high balls, side to side (left and right hand) and with the students feeding the "hot spot" with a kick (smash ball).

RECOMMENDED ACTIVITIES

ACTIVITY	FORMATION	DESCRIPTION	EQUIPMENT
<p>Freo Fast Ball</p>		<p>Aim: To be the first team to handball the ball through a zig-zag formation as quickly as possible</p> <ul style="list-style-type: none"> Each age group is to have six students in Freo Fast Ball. Each student stands on a marker with the ball being given to the student standing on marker one The student on marker one handballs the ball to the student on marker two. This student then handballs to the student on marker three, and so on. Once the sixth student receives the ball, all students swap to the marker that is diagonally across from them (i.e. one goes to two, two goes to three), with the sixth student running from their marker back to marker one. This process continues until the student that starts on marker one does a full rotation of all markers and finishes when they run back to their original starting position. This is one full rotation. Each team must complete three full rotations 	<ul style="list-style-type: none"> 6 markers per team 1 football per team Stopwatch
<p>Kangaroo Catch</p>		<p>Aim: To accurately kick the football to your partner over a designated distance as quickly as possible</p> <ul style="list-style-type: none"> In pairs, the objective of the game is to make it over the finish line as quickly as possible Each pair starts side by side with a hoop and football Students commence at the teacher/coach's command One student throws the hoop while the other kicks the football Each pair must follow the sequence of actions: <ol style="list-style-type: none"> Student throws the hoop as far as possible towards the finish line The student who throws the hoop, runs and stands inside the hoop The other student who did not throw the hoop, accurately kicks the football to their partner. The partner must mark the ball with at least one foot inside the hoop If the football is marked they repeat the sequence from the new starting point. If the ball is dropped or marked outside the hoop they repeat the sequence from the original starting point Pairs are attempting to cross the finish line as quickly as possible You may time the pairs and have them attempt to lower their time in the second round 	<ul style="list-style-type: none"> Markers 1 hoop per pair 1 football per team Stopwatch

RECOMMENDED ACTIVITIES CONTINUED

ACTIVITY	FORMATION	DESCRIPTION	EQUIPMENT
Goal Kicking		<p>Aim: To be the first team to kick the ball through the goals</p> <ul style="list-style-type: none"> • Team to be assembled in a line formation with the ball starting at the goals • Equal number of students in each team • Teams are moving the ball as quickly as possible to score a goal • Students handball the ball through each team member • The last student to receive the ball runs with the ball towards goals • The team that kicks it through the goals first scores six points, second four points, third three points, fourth two points • Scores are given only to the teams that kick it through the goals. No points are awarded for inaccurate kicking 	<ul style="list-style-type: none"> • 1 football per student • Markers • Goal posts
Footy Baseball		<p>Aim: Teams compete in a modified football/baseball game</p> <ul style="list-style-type: none"> • Rules are similar to baseball • One team kicks, the other fields • The football is kicked by one player on the kicking team into the field of play • Immediately following the kick, the kicker runs to first base and if possible may attempt to run second, third and/or homebase. No runner can return to a base once they have left it, they must continue to move towards the next base • Once the umpire stops play the football is returned to home base for the next kicker • Fielders can catch or run out a kicker at a base • Three out; side away. Sides change over between fielding and kicking teams • Fielders can handball, throw or kick the ball 	<ul style="list-style-type: none"> • 4 bases or markers • 1 football

LESSON PLAN 5 OF 6

GAME PLAY



LESSON OUTCOMES

Each student will be able to:

- Use the evasive skills of running, weaving, dodging and jumping in football game based activities
- Work collaboratively with other team members
- Apply basic game strategies, including decision making and leadership skills

GAME PHILOSOPHY

The NAB AFL Auskick Game is designed to introduce students to the game of Australian Football. Three core elements to a successful game are:

- Fun
- Safety
- Maximum participation

RECOMMENDED SKILL DEVELOPMENT ACTIVITIES

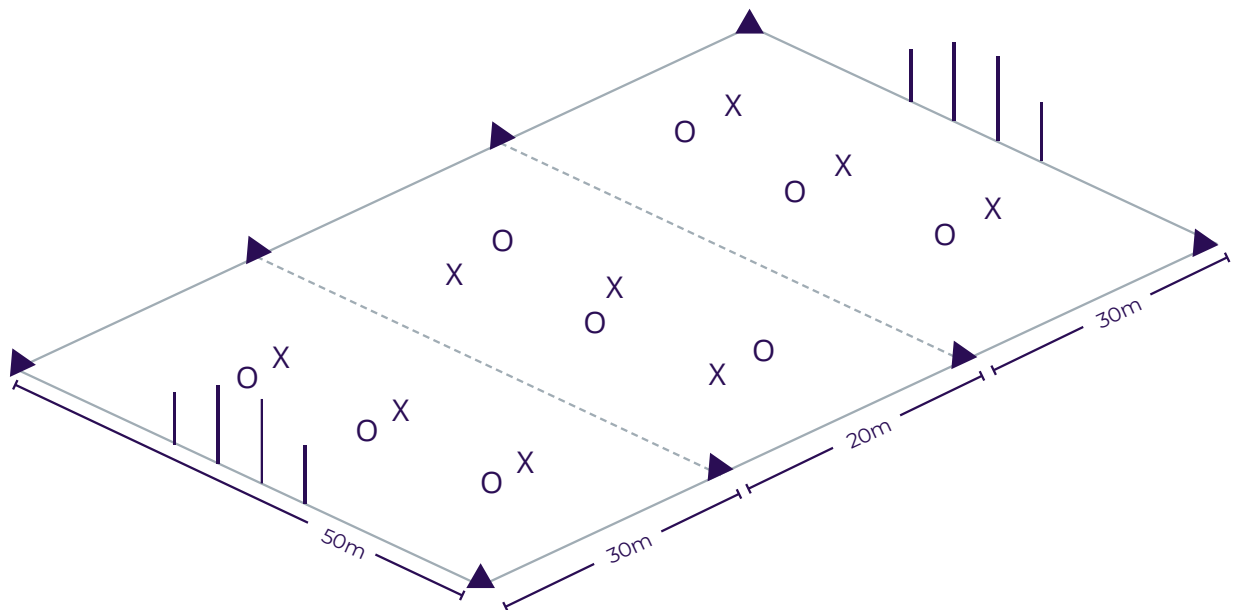
NAB AFL Auskick Game (refer to page 15 and 16 for Auskick rules flow chart)

RULES FLOW CHART

RULE	PROGRAM FOR 7-12 YEAR OLDS
1. Playing Field	Half senior size. Approx. 80m x 50m Divide into three zones –30/20/30m
2. The Team	Six or nine-a-side preferred – no rucks and rovers Unlimited reserves Rotate players every quarter
3. Playing Time	Up to a maximum of 4 x 10 minute quarters
4. Start of Play	Ball up between two centre players Players should be approximately equal size Players cannot take full possession out of ruck contests
5. After a Goal	Per rule 4. different players contest the ruck each time Goals can only be kicked by players in forward zone
6. Scrimmage	No diving on ball Umpire stops play, free kick is awarded to nearest opponent
7. Out of Bounds	From a kick – kick awarded to nearest opponent If doubt as to which team kicked the ball – ball up five metres in from boundary Off hands or body – ball up five metres in from boundary
8. Tackling	Players cannot hold with hands, knock out of hands, push inside or steal the ball Players must be given every opportunity to deliver ball i.e. no harassing
9. Bumping	No deliberate bumping No deliberate contact is permitted
10. Barging	Barging, fending off or chopping with hands passed opponents is NOT allowed A free kick shall be awarded
11. Stealing/ Smothering/ Harassing/ Possession rule	Not allowed, the ball is possessed by the act of catching it, grabbing it or placing two hands on it when it is on the ground Once the ball is possessed, all other players must back off to allow the player with the ball to kick or handball uncontested
12. Shepherding	Player not permitted to push, shoulder or block opponent not in possession of the ball

RULES FLOW CHART CONTINUED

RULE	PROGRAM FOR 7-12 YEAR OLDS
13. Mark	Any reasonable attempt to catch the ball directly from a kick irrespective of distance travelled No standing on the mark No playing on allowed
14. Bouncing the Ball	Player is permitted to bounce the ball only once then they must dispose of the ball
15. Kicking off the Ground	Not permitted to deliberately kick the ball off the ground
16. Order-off Rule	To be applied Penalty time is at umpire's discretion
17. Staying in Position	To stop congestion, umpire to instruct players to stay in their zones
18. Coaches	Coach is allowed on the ground to teach
19. Spirit of the Game	Players and coaches to shake hands Umpire to instruct players
20. The Game	No premiership points, no finals, no ladders, no match results, no names of players published
21. Awards	Participation, effort and skill achievement scheme
22. Clearances	Automatic clearance
23. Tribunals	No tribunal, discipline is the responsibility of the club



LESSON PLAN 6 OF 6

PRELIMINARY TRIAL FREO KWIK KICK, FREO LONG BOMB AND FREO FAST BALL

LESSON OUTCOMES

Each student will be able to:

- Kick an accurate drop punt to a stationary partner 12 – 15 metres away
- Make position to mark a football that has travelled 12 – 15 metres
- Kick a drop punt displaying good technique with ball drop, contact point and follow through
- Kick a drop punt with control to gain distance
- Handball accurately to a stationary partner over a distance of three to five metres
- Handball displaying good technique with stance, contact point and follow through

FREO KWIK KICK

- Refer to the rules and regulations (pg. 20)
- Group students into pairs for girls and boys competition

Recommended structure

Practice, elimination and final rounds (it is suggested that the girls adjudicate boys and vice versa)

FREO LONG BOMB

- Refer to the rules and regulations (pg. 20)
- Group students into kicking abilities for girls and boys competition.
- For a class of 30 we recommend six participants per group
- Freo Long Bomb kick off, three attempts per participant

Recommended structure

Practice round: Groups of six participants divided boys and girls

Qualifying round: Group students randomly for boys and girls competitions

Finals round: First place in each group qualifies for final one
Second place in each group qualifies for final two
Third place in each group qualifies for final three
Fourth place in each qualifies for final four
Fifth place in each group qualifies for final five

FREO FAST BALL

- Refer to the rules and regulations (pg. 20)
- Group students into pairs for girls and boys competition

Recommended structure

Practice, elimination and final rounds (it is suggested that the girls adjudicate boys and vice versa)

In 2023 Freo Fast Ball can be completed in schools, with the Grand Final to be completed as part of the State Semi Finals at Legacy Park. Freo Fast Ball will not be part of the curtain raiser at Optus Stadium this year as we work to update the format of the competition for 2024.

▶ COORDINATOR'S CHECKLIST

Thank you for volunteering to be your school's Freo Skills 4 Schools Coordinator. The following information will help you to conduct the competition at your school:

AS EARLY AS POSSIBLE

- Ensure Fremantle Dockers starter pack (promotional items and educational resource manual) has been received. The starter pack includes allocation of footballs, team poster, rules and regulations, six week physical education planning document, event checklist, official school recording sheet, official school winners page and promotional poster
- Book venue and allocate time for the competition at your school. Recommended dates to hold competition are from **Monday 24 April - Monday 29 May 2023**
- Inform students and classes of the competition to encourage participation

A WEEK BEFORE

- Go through equipment checklist (see below)
- Organise staff/students for judging and assisting on the day
- Place promotional material around school to remind participants
- Construct a participants roster e.g. Year 4 Girls from 10.30 – 11am, Year 4 Boys from 11am – 11.30am

ON THE DAY

- Pump up footballs and organise equipment, refer to equipment checklist
- Set up field for competition (see pages 21 – 23 for diagrams)
- Advise staff/students of duties
- Complete the official school recording sheet, for your records only

AFTER THE COMPETITION

- Enter school winners information online on the Freo Footy Skills results page at wafooty.com.au/forms/freofootyskills/results
- Distribute Semi Final invite letter to school winners and collate RSVPs. This information will be forwarded to you at your school pending the return of the school winners page

COMPETITION EQUIPMENT CHECKLIST

- | | |
|--|--|
| <input type="checkbox"/> Time and Venue | <input type="checkbox"/> Clipboards |
| <input type="checkbox"/> Footballs | <input type="checkbox"/> Pens |
| <input type="checkbox"/> Markers | <input type="checkbox"/> Whistles |
| <input type="checkbox"/> Measuring Tape | <input type="checkbox"/> Promotional Poster |
| <input type="checkbox"/> Stopwatches | <input type="checkbox"/> Judges/Officials for Competition |
| <input type="checkbox"/> Official Recording Sheets | <input type="checkbox"/> Competition Rules and Regulations |

▶ RULES AND REGULATIONS

FORMAT

The competition is divided into six categories, the distances are the same:

	FREO KWIK KICK	FREO LONG BOMB	FREO FAST BALL
Girls Year 4	12 metres	N/A	4 metres
Boys Year 4	12 metres	N/A	4 metres
Girls Year 5	12 metres	N/A	4 metres
Boys Year 5	12 metres	N/A	4 metres
Girls Year 6	12 metres	N/A	4 metres
Boys Year 6	12 metres	N/A	4 metres

Please refer to the diagrams (pages 21-23) for layout and distances. A practice session is allowed for students to warm up and gain an understanding of the competition games.



RULES

FREO KWIK KICK

- Markers are placed opposite each other for the number of pairs that are participating in the competition (please refer to the diagram on page 21)
- Officials are to stand behind each pair to record the number of successful kicks
- The duration of each competition is three minutes
- A loud whistle indicates the “start” and “stop” signals
- Pairs kick to each other and must mark the ball to be deemed a successful kick on the kicking tally
- Zero points are awarded to the kicking tally if the ball is not marked by the receiver
- A kick is deemed successful once the kick is marked by the receiver
- Pairs continue kicking until the three minutes elapse. Once this has occurred, judges are to report the total number of successful kicks for the pair to the school coordinator or official recorder

FREO LONG BOMB

- Markers are placed at 10 metre intervals from a “kicking line” marked on the oval (please refer to the diagram on page 22)
- Kicks must occur from behind the “kicking line”. No contact with the line is permitted
- Distance is measured from the “kicking line” to where the ball landed
- Students’ distances are recorded individually (it is a suggested practice that one student can kick while the other student measures the kick and records the distance)
- Each student has three attempts at kicking, with the longest kick being recorded

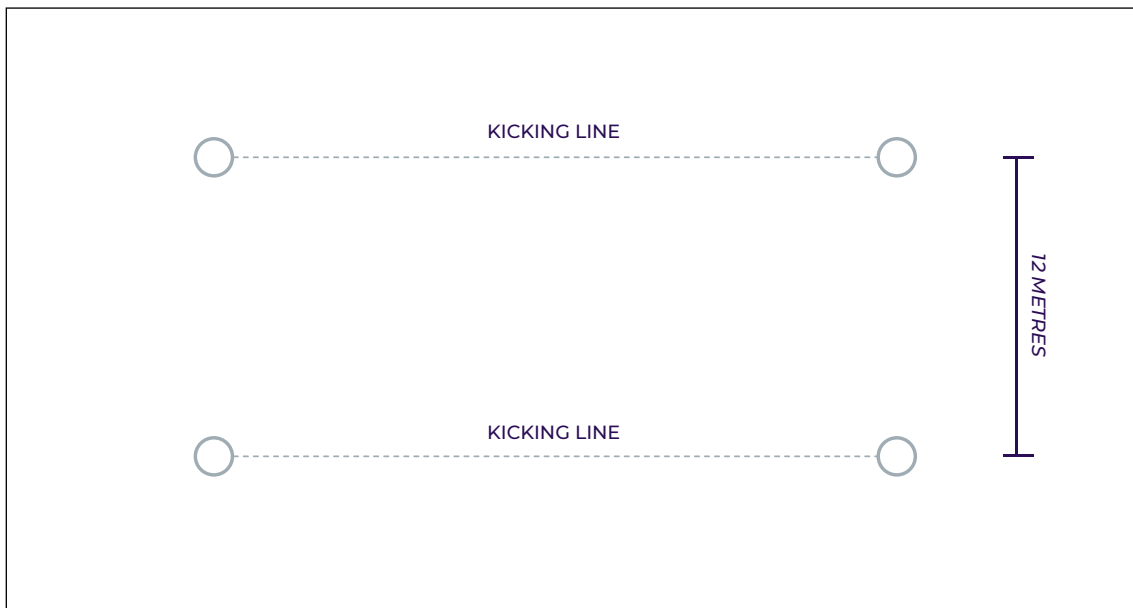
FREO FAST BALL

- Handball is the only form of passing the football
- Each team must have six participants including the leader. Each participant stands behind their allocated marker
- Markers are to be set at four metres across in a zig-zag formation (please refer to the diagram on page 23)
- A loud whistle indicates the “start” signal
- The leader begins with the ball and commences on the “start” signal
- The student on marker one handballs the footy to the student on marker two, this student then handballs to the student on marker three and so on. Once the sixth student receives the ball, all students swap to the marker that is diagonally across from them (i.e. one goes to two, two goes to three), with the sixth student running from marker six to marker one with the football. This process continues until the students have returned to their original allocated marker. This is deemed one full rotation
- Each team must complete three full rotations
- The leader then runs through the finish line to complete the competition
- The coordinator is to start the stopwatch as soon as the whistle sounds and stop on the leader running through the finishing line
- All students must have their feet behind or on the marker when completing the handball. A handball is not deemed successful if it is conducted from in front of the marker. If this occurs the ball must be returned to the student and handballed in the correct manner
- In the event of a misdirected handball (ball is dropped, falls behind or in front of the student) the intended receiver picks it up, returns to their allocated marker and then completes an appropriate handball



FREO KWIK KICK

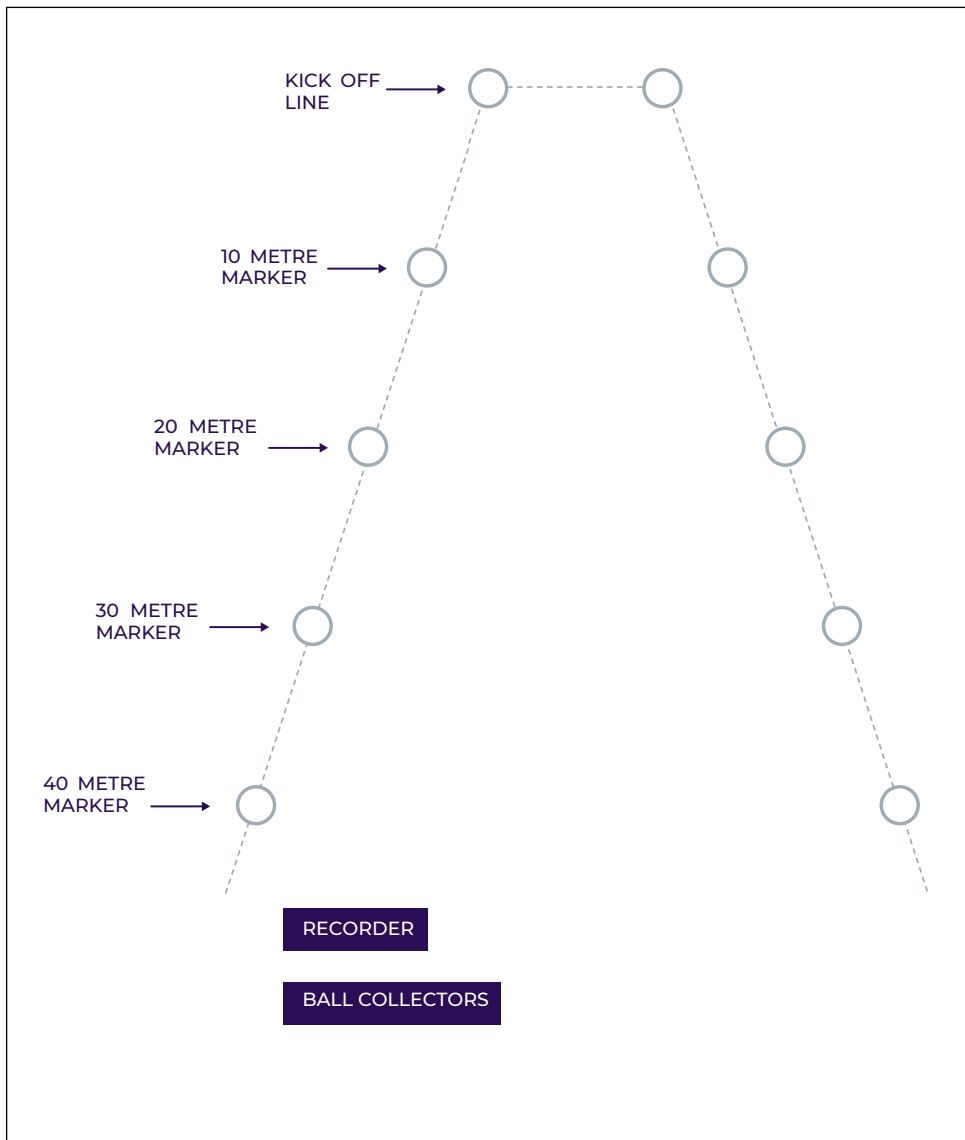
DIAGRAM





FREO LONG BOMB

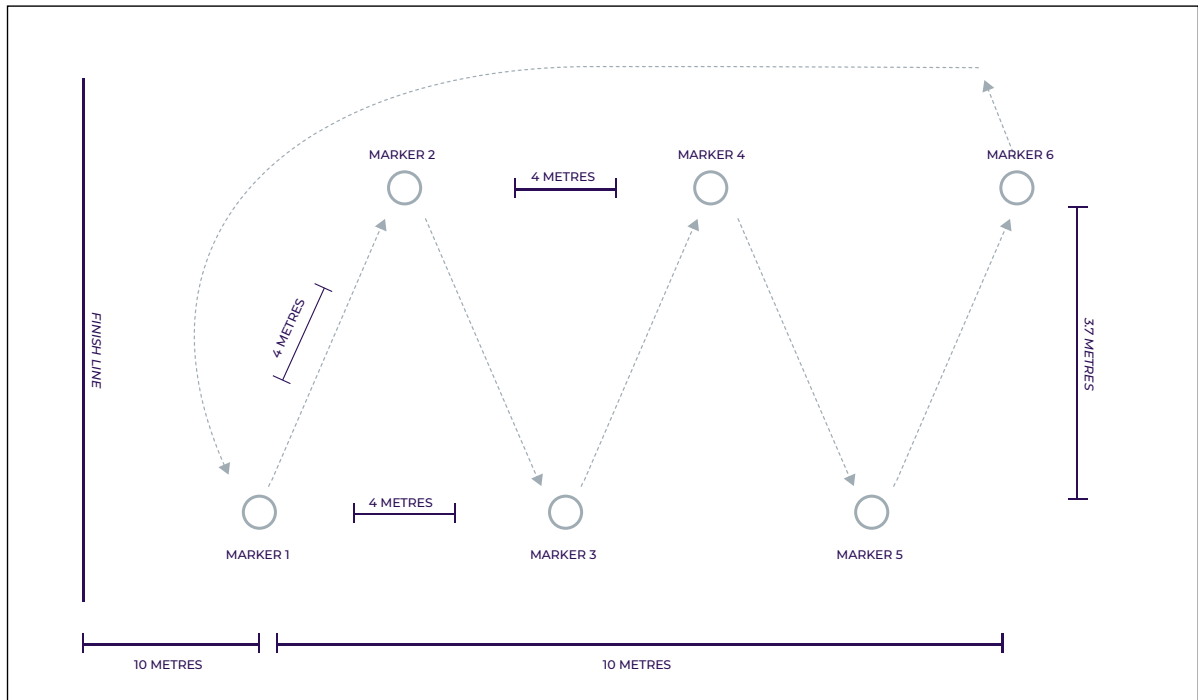
DIAGRAM





FREO FAST BALL

DIAGRAM



▶ OFFICIAL RECORDING SHEETS



FREO KWIK KICK OFFICIAL RECORDING SHEET

School use only – photocopy as necessary

The participants must be 12 metres apart



SCHOOL
COORDINATOR'S NAME
DATE OF THE EVENT

NO	STUDENT 1	STUDENT 2	YEAR	TRIAL 1	TRIAL 2	BEST SCORE
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

FREO LONG BOMB OFFICIAL RECORDING SHEET

School use only – photocopy as necessary



SCHOOL
COORDINATOR'S NAME
DATE OF THE EVENT

NO	STUDENT NAME	YEAR	KICK 1	KICK 2	KICK 3	LONGEST DIST.
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

FREO FAST BALL OFFICIAL RECORDING SHEET

School use only – photocopy as necessary
 All participants must be 4 metres apart



SCHOOL
COORDINATOR'S NAME
DATE OF THE EVENT

TEAM NO	STUDENT NAMES X 6	YEAR	TRIAL 1	TRIAL 2	BEST TIME
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

SCHOOL WINNERS RESULTS PAGE

The school winners' information can be entered online on the Freo Skills 4 Schools results page at www.wafooty.com.au/forms/freofootyskills/results



SCHOOL
COORDINATOR'S NAME
DATE OF THE EVENT

	YEAR GROUP	STUDENT NAMES	NUMBER OF KICKS
FREO KWIK KICK RESULTS	Girls Year 4		
	Boys Year 4		
	Girls Year 5		
	Boys Year 5		
	Girls Year 6		
	Boys Year 6		
	YEAR GROUP	STUDENT NAMES	DISTANCE
FREO LONG BOMB RESULTS	Girls Year 4		
	Boys Year 4		
	Girls Year 5		
	Boys Year 5		
	Girls Year 6		
	Boys Year 6		
	YEAR GROUP	STUDENT NAMES	TIME
FREO FAST BALL RESULTS	Girls Year 4		
	Boys Year 4		
	Girls Year 5		
	Boys Year 5		
	Girls Year 6		
	Boys Year 6		



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