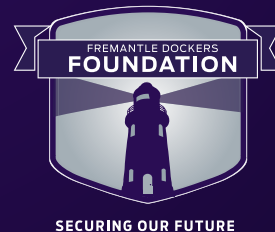




# 2017 TEACHERS MANUAL



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The Fremantle Dockers Football Club is proud of the role it plays 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 [www.fremantlefc.com.au](http://www.fremantlefc.com.au) or email [brandon.donaldson@fremantlefc.com.au](mailto:brandon.donaldson@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. They can be conducted during lunch times to minimise disruption to classes, or can be included during normal physical education classes or sports lessons.

# USING THE 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 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 [tinyurl.com/skills4schools](http://tinyurl.com/skills4schools).

# RECOMMENDED TEACHER TIMELINE

Date	Action
23 March - 26 April	Promote competition(s) within school
24 April	Commence the competition(s)
9 June	Conclude the competition(s)
9 June	School winners information to be entered online
20 June	Schools to receive student letter for invitation to State Semi Finals
30 June	Students to RSVP for State Semi Finals at Fremantle Dockers headquarters
7 July	State Semi Finals at Fremantle Dockers headquarters
5 August	State Grand Final at Domain Stadium

## PROGRAM RESOURCES

School promotional items and educational resources include:

- Fremantle Dockers footballs (size one)
- Team poster
- Six week physical education planning document for *Freo Fast Ball*, *Freo Kwik Kick* and *Freo Long Bomb*
- 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/or *Freo Long Bomb*, your school is automatically registered to receive the *Freo Skills 4 Schools* teacher resource and promotional package.

# FREO KWIK KICK

## LESSON PLAN 1 OF 6



### 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
- Make position to mark a football that has travelled 12-15 metres

### FREO KWIK KICK TECHNIQUE

**Nat'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 the waist height and guided by the same hand as the kicking foot
7. Keep eyes on 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

Kick to each other. Gradually increase the distance, only when the ball is marked by the stationary target.

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

- Students use various types and sizes of balls: soccer, rugby, tennis
- Students are to kick off a dome/cone to their partner
- Students use one hand when marking and releasing the ball (using preferred and non-preferred side)
- Students are to kick balancing on one foot (using preferred and non-preferred side)
- Students are to kick with their eyes closed visualising the target
- Students receiving the ball must have their back turned to the player delivering the ball
- Students jog towards their target then kick and must land on their kicking foot, and follow through with at least three steps
- Students kick the ball along the ground (forward spinning motion) to their partner

### RECOMMENDED ACTIVITIES

ACTIVITY	FORMATION	DESCRIPTION	EQUIPMENT
Narrow Goals		<p><b>Aim: Score the most goals</b></p> <ul style="list-style-type: none"> <li>• Team one begins with the ball</li> <li>• Each student attempts to kick the ball through the goals</li> <li>• Conduct the kicking attempts in a sequential manner</li> <li>• Team two collects the kicked balls and repeats the actions described above</li> <li>• "Narrow the goals" (shorten the width) and conduct the next round of kicking</li> <li>• Play at least three rounds and keep a record of each goal scored by a team member</li> <li>• Team with the highest score wins</li> </ul>	<ul style="list-style-type: none"> <li>• Markers</li> <li>• 1 football per pair</li> </ul>
Relay Racing		<p><b>Aim: Move the ball through all the team members as quickly as possible</b></p> <ul style="list-style-type: none"> <li>• Students in line formation, kick the ball to the leader, run around the leader and return to the back of the line</li> <li>• Leader handballs/throws the ball to the next student in line</li> <li>• Continue until all students are back in their original positions</li> </ul> <p><i>NB: Variations to this activity include handballing, picking up a bouncing ball or throwing the football at different height levels</i></p>	<ul style="list-style-type: none"> <li>• Markers</li> <li>• 1 football per team</li> </ul>
Fast Ball Kicking		<p><b>Aim: Move the ball through all the team members as quickly as possible</b></p> <ul style="list-style-type: none"> <li>• Football is accurately kicked in a zig-zag formation</li> <li>• 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</li> <li>• Game concludes once all students have returned to their original starting positions</li> <li>• Teams can race off</li> </ul>	<ul style="list-style-type: none"> <li>• Markers</li> <li>• 1 football per team</li> </ul>
Rob the Nest		<p><b>Aim: To have the most number of balls in hoop</b></p> <ul style="list-style-type: none"> <li>• Four teams evenly spaced apart in a circle formation</li> <li>• One hoop placed in front of each team and a central hoop placed evenly apart from each group</li> <li>• Nine-12 footballs placed in the centre hoop</li> <li>• One player from each team runs to collect and kick the football back to their team's hoop and returns to group, allowing next person to go</li> <li>• Only one team member at a time can leave to collect a football for the group</li> <li>• Only one football can be kicked back to the group by a team member</li> <li>• Footballs may be taken from centre or other team's hoops</li> <li>• Winning team has the most balls in their hoop after a set time</li> </ul> <p><i>NB: Another variation is the first team that has a specific number of balls in their team's hoop wins</i></p>	<ul style="list-style-type: none"> <li>• 5-6 hoops</li> <li>• 9-12 footballs</li> </ul>

# FREO LONG BOMB

## LESSON PLAN 2 OF 6



### LESSON OUTCOMES

Each student will be able to:

- Kick a drop punt using the opposite foot, 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'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 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 ACTIVITIES

ACTIVITY	FORMATION	DESCRIPTION	EQUIPMENT
Go Ball		<p><b>Aim:</b> To kick the football further and run faster than your partner</p> <ul style="list-style-type: none"> <li>• In pairs, one student kicks and the other retrieves</li> <li>• All students kicking must kick simultaneously at the direction of the coach/teacher</li> <li>• Kickers kick the ball as far as possible</li> <li>• Kickers run forward to the designated marker then turn to run back to their starting marker</li> <li>• Each run to a marker is counted as one run</li> <li>• Partners run and retrieve the ball as quickly as possible</li> <li>• Retrievers return to the starting marker with the ball and the kickers cease their running</li> <li>• Kickers tell the retrievers the number of runs made in their attempt</li> <li>• Reverse roles to see if opposition can score more runs, i.e. kickers become the retrievers, retrievers become the kickers</li> <li>• Student with the most runs in each pair wins</li> </ul>	<ul style="list-style-type: none"> <li>• Markers</li> <li>• 1 football per pair</li> </ul>
Girls v Boys Kick Off		<p><b>Aim:</b> To kick the football and run faster than the opposition team</p> <ul style="list-style-type: none"> <li>• All the boys start with the football, kicking it as far as possible and retrieving their own ball as quickly as possible</li> <li>• Girls count aloud in a sequential manner i.e. One, two, three...</li> <li>• Once the last boy returns the girls stop counting</li> <li>• The roles reverse and the girls attempt to complete the task faster than the boys</li> </ul>	<ul style="list-style-type: none"> <li>• Markers</li> <li>• 1 football per pair</li> </ul>
Set Shots		<p><b>Aim:</b> To kick more goals than your partner</p> <ul style="list-style-type: none"> <li>• In pairs, one student kicks at goals from a specific point</li> <li>• If successful, the partner must kick from that exact point</li> <li>• If both score a goal from the designated point, no one is awarded a point. An alternative scoring system can be to choose a word e.g. F-R-E-O (each letter represents a point) and have the pair compete to complete the word</li> </ul>	<ul style="list-style-type: none"> <li>• Goal posts</li> <li>• 1 football per pair</li> </ul>
Empty the Nest		<p><b>Aim:</b> To kick the footballs out of the circle quicker than they are returned</p> <ul style="list-style-type: none"> <li>• A five metre diameter circle containing 10-20 footballs</li> <li>• Approximately one fifth of the players are placed inside the circle. The remaining players patrol the outside of the circle</li> <li>• Players inside the circle attempt to pick up and kick as many footballs as far as possible</li> <li>• 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</li> <li>• Rotate the people inside and outside the circle regularly</li> </ul>	<ul style="list-style-type: none"> <li>• Markers</li> <li>• 10-20 footballs</li> </ul>
Football Volleyball		<p><b>Aim:</b> To kick the football into the opposition area and have the opposition team make a skill error</p> <ul style="list-style-type: none"> <li>• Teams of four, two teams play against each other</li> <li>• Football is kicked over the net/centre line (head height) and marked</li> <li>• Players can pass the ball within their team up to three times before returning to the opposition</li> <li>• Score is kept of errors made e.g. dropped ball or out of bounds</li> </ul>	<ul style="list-style-type: none"> <li>• Markers</li> <li>• 2-3 footballs per game</li> </ul>
Football Darts		<p><b>Aim:</b> To kick the football into the target area to gain points</p> <ul style="list-style-type: none"> <li>• Students kick the ball into the target area and score according to where it first lands</li> <li>• The partner collects the ball and attempts the kick as mentioned above</li> </ul>	<ul style="list-style-type: none"> <li>• 1 football per pair</li> <li>• 6 hoops</li> </ul>

# MARKING AND TORPEDO PUNT

## LESSON PLAN 3 OF 6

### 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'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 (refer to photo)
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

#### 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
- Once the students are confident in their marking ability, the partner holding the ball can throw it up into the air for their partner or at below knee level to mark

### RECOMMENDED SKILL DEVELOPMENT ACTIVITIES

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

# FREO FAST BALL AND BOUNCING

## LESSON PLAN 4 OF 6



### 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

### FREO 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 DRILLS

#### Learning to Bounce

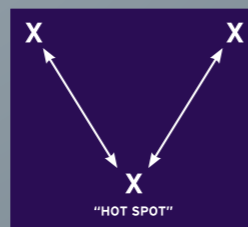
A gradual progression of bouncing a ball can be adopted to assist with the skill. Start by bouncing a ball kneeling on two knees, kneeling on one knee, standing stationary, walking and then jogging. Extension activity for competent bouncers may be students using their non-preferred hand to bounce or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

#### Hot Pepper

In groups of three, students are to form a triangle formation, with one player in the "hot spot" (refer to diagram below).

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 SKILL DEVELOPMENT ACTIVITIES

ACTIVITY	FORMATION	DESCRIPTION	EQUIPMENT
Freo Fast Ball		<p><b>Aim:</b> 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"> <li>• Each age group is to have six students in <i>Freo Fast Ball</i>. Each student stands on a marker with the ball being given to the student standing on marker one</li> <li>• 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</li> </ul>	<ul style="list-style-type: none"> <li>• 6 markers per team</li> <li>• 1 football per team</li> <li>• Stopwatch</li> </ul>
Kangaroo Catch		<p><b>Aim:</b> To accurately kick the football to your partner over a designated distance</p> <ul style="list-style-type: none"> <li>• In pairs, the objective of the game is to make it over the finish line as quickly as possible</li> <li>• Each pair starts side by side with a hoop and football</li> <li>• Students commence at the teacher/coach's command</li> <li>• One student throws the hoop while the other kicks the football</li> <li>• Each pair must follow the sequence of actions:                             <ol style="list-style-type: none"> <li>1. Student throws the hoop as far as possible towards the finish line</li> <li>2. The student who throws the hoop, runs and stands inside the hoop</li> <li>3. 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</li> <li>4. 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</li> <li>5. Pairs are attempting to cross the finish line as quickly as possible</li> </ol> </li> </ul> <p><i>NB: You may time the pairs and have them attempt to lower their time in the second round</i></p>	<ul style="list-style-type: none"> <li>• Markers</li> <li>• 1 hoop per pair</li> <li>• 1 football per pair</li> <li>• Stopwatch</li> </ul>

RECOMMENDED SKILL DEVELOPMENT ACTIVITIES CONTINUED

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

# GAME PLAY

## LESSON PLAN 5 OF 6

### 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 ACTIVITIES

NAB AFL Auskick Game (refer to page 14 and 15 for Auskick rules flow chart)



NAB AFL AUSKICK – RULES FLOW CHART

RULE	NAB AFL AUSKICK PROGRAM FOR 5-7 YEAR OLDS	NAB AFL AUSKICK SUPARULZ 8 YEAR OLDS
1. Playing Field	Half senior size. Approx 80m. Divide into three zones - 30/20/30m	Half senior size. Approx 90m x 40m grid with centre circle. Divide into three zones - 30/30/30m
2. The Team	Six or nine a-side preferred - no rucks and rovers. Unlimited reserves. Rotate players every quarter	Nine or 12 a-side preferred - no rucks and rovers. Unlimited reserves. Rotate players every quarter
3. Playing Time	Up to 4 x 10 minute maximum quarters	Up to 4 x 10 minute maximum quarters
4. Start of Play	A. Ball up between two centre players B. Players should be approximately equal size C. Players cannot take full possession out of ruck contests	A. Ball up between two centre players B. Players should be approximately equal size C. Players cannot take full possession out of ruck contests
5. After a Goal	As in rule 4. Different players contest the ruck each time. Goals can only be kicked by players in forward zone	As in 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 awarded to nearest opponent	No diving on the ball. Umpire stops play. Free kick awarded to nearest opponent
7. Out of Bounds	A. From a kick - kick awarded to nearest opponent B. If doubt as to which team kicked the ball - ball up five metres in from boundary C. Off hands or body - ball up five metres in from boundary D. Full possession rule	A. From a kick - kick awarded to nearest opponent B. If doubt as to which team kicked the ball - ball up five metres in from boundary C. Off hands or body - ball up five metres in from boundary D. Full possession rule
8. Tackling	Players cannot hold with hands, knock out of hands, push inside, steal the ball. Players given every opportunity to deliver ball i.e. no harassing	Modified hand tackle rule. Hold and release the "jumper only" with one or two hands. Strictly no slinging or deliberately bringing the opposition player to the ground. Grabbing the arms or applying a wrap around tackle is not permitted. Players once tackled and released have three seconds to dispose of the ball
9. Bumping	No deliberate bumping or contact permitted. Incidental contact only	Strictly no bumping allowed, except for incidental contact when players go for the ball
10. Barging	Barging, fending off or chopping with hands past opponents is not allowed. A free kick shall be awarded	Barging, fending off or chopping with hands past 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	Not allowed. Modified hand tackle only
12. Shepherding	Player not permitted to push, shoulder or block opponent not in possession of the ball	Player not permitted to push, shoulder or block opponent not in possession of the ball

Continued on page 15





# 2017 FREMANTLE DOCKERS FOOTBALL CLUB

**BACK ROW:** Cam Sutcliffe, Tommy Sheridan, Ryan Nyhuis, Cam McCarthy, Shane Kersten, Taylin Duman, Matthew Uebergang, Joel Hamling, Ethan Hughes, Connor Blakely, Hayden Crozier, Harley Bennell

**MIDDLE STANDING:** Sam Collins, Michael Johnson, Luke Strnadica, Sean Darcy, Matt Taberner, Jon Griffin, Aaron Sandilands, Zac Clarke, Michael Apeness, Alex Pearce, Zac Dawson, Brennan Cox, Garrick Ibbotson

**MIDDLE SITTING:** Nick Suban, Danyle Pearce, Stephen Hill, Lee Spurr, Nathan Fyfe (Captain), Ross Lyon (Senior Coach), David Mundy, Lachie Neale, Bradley Hill, Hayden Ballantyne, Michael Walters

**BOTTOM:** Luke Ryan, Griffin Logue, Darcy Tucker, Ed Langdon, Lachie Weller, Josh Deluca, Brady Grey, Harley Balic



FREMANTLE  
**DOCKERS**

PROGRAMMED woodside

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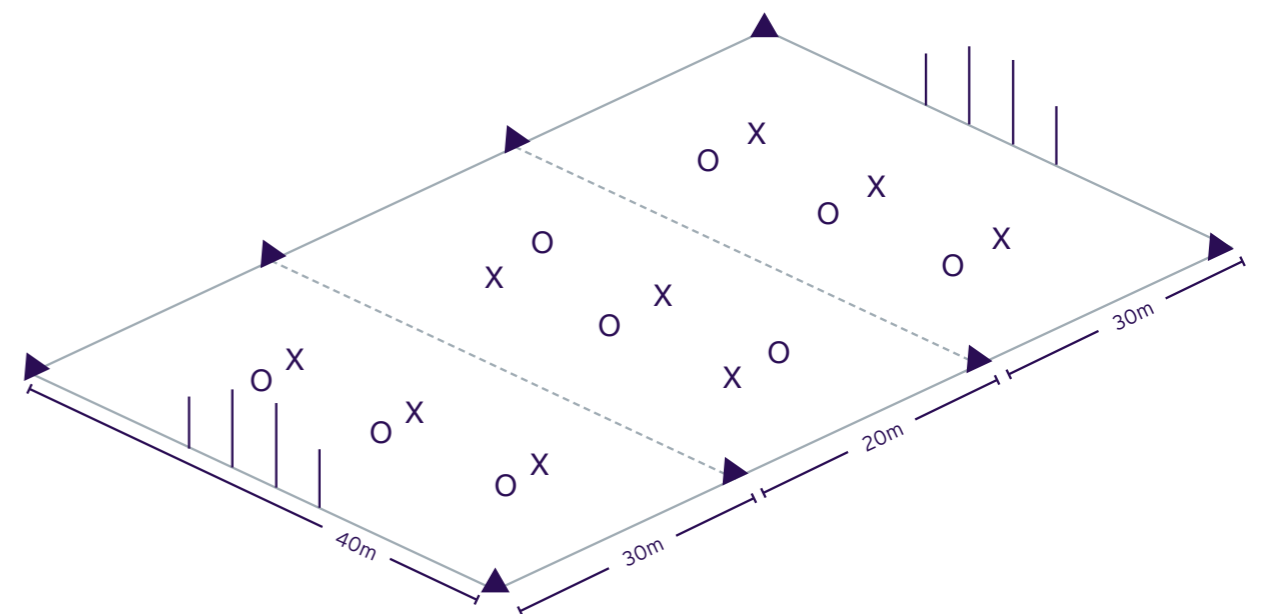


SECURING OUR FUTURE



NAB AFL AUSKICK – RULES FLOW CHART CONTINUED

RULE	NAB AFL AUSKICK PROGRAM FOR 5-7 YEAR OLDS	NAB AFL AUSKICK SUPARULZ 8 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	Any reasonable attempt to catch the ball directly from a kick irrespective of distance travelled. Opposition player encouraged to stand on the mark. Playing on is allowed
14. Bouncing the Ball	Player is permitted to bounce the ball only once then dispose of the ball	Player is permitted to bounce the ball only once then dispose of the ball
15. Kicking off the Ground	Not permitted to deliberately kick the ball 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	To be applied. Penalty time is at umpire's discretion
17. Staying in Position	To stop congestion, umpire to instruct players to stay in zone	To stop congestion, umpire to instruct players to stay in zone
18. Coaches	Coach is allowed on the ground to teach	Coach is allowed on the ground to teach
19. Spirit of the Game	Players and coaches to shake hands. Umpire to instruct players	Players and coaches to shake hands. Umpire to instruct players
20. The Game	No premiership points, no finals, no ladders, no match results, names of players published	No premiership points, no finals, no ladders, no match results, names of players published
21. Awards	Participation, effort and skill achievement scheme	Participation, effort and skill achievement scheme
22. Clearances	Automatic clearance	Automatic clearance
23. Tribunals	No tribunal, discipline is the responsibility of the club	No tribunal, discipline is the responsibility of the club



# PRELIMINARY TRIAL

## FREO KWIK KICK, FREO LONG BOMB AND FREO FAST BALL

### LESSON PLAN 6 OF 6

#### 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
- Group students into pairs for girls and boys competition
- 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
- Group students into kicking abilities and sexes. For a class of 30 a recommended number of groups are six participants per group
- Freo Long Bomb kick off, three attempts per participant

#### Recommended structure

Practice Round: Groups of six participants for a class of 30

Qualifying round: Groups in kicking abilities and sexes

Finals round: First place in each heat  
Second place in each group of heat one  
Third place in each group of heat one  
Fourth place in each group of heat one  
Fifth place in each group of heat one

#### FREO FAST BALL

- Refer to the rules and regulations
- Group students into pairs for girls and boys competitions

#### Recommended structure

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

# 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 26 April - 10 June 2017
- 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 18-19 for Rules and Regulations)
- 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 <http://www.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

- Time and Venue
- Footballs
- Markers
- Measuring Tape
- Stopwatches
- Official Recording Sheets
- Clipboards
- Pens
- Whistles
- Promotional Poster
- Judges/Officials for Competition
- Competition Rules and Regulations

# RULES AND REGULATIONS

## FORMAT

The competition is divided into six categories, with different distances:

	FREO KWIK KICK	FREO LONG BOMB	FREO FAST BALL
Years 4 girls	12 metres	N/A	4 metres
Years 4 boys	12 metres	N/A	4 metres
Years 5 girls	12 metres	N/A	4 metres
Years 5 boys	12 metres	N/A	4 metres
Years 6 girls	12 metres	N/A	4 metres
Years 6 boys	12 metres	N/A	4 metres

Please refer to the diagrams (pages 20-22) 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 as many pairs that are participating in the competition (please refer to the diagram)
- 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

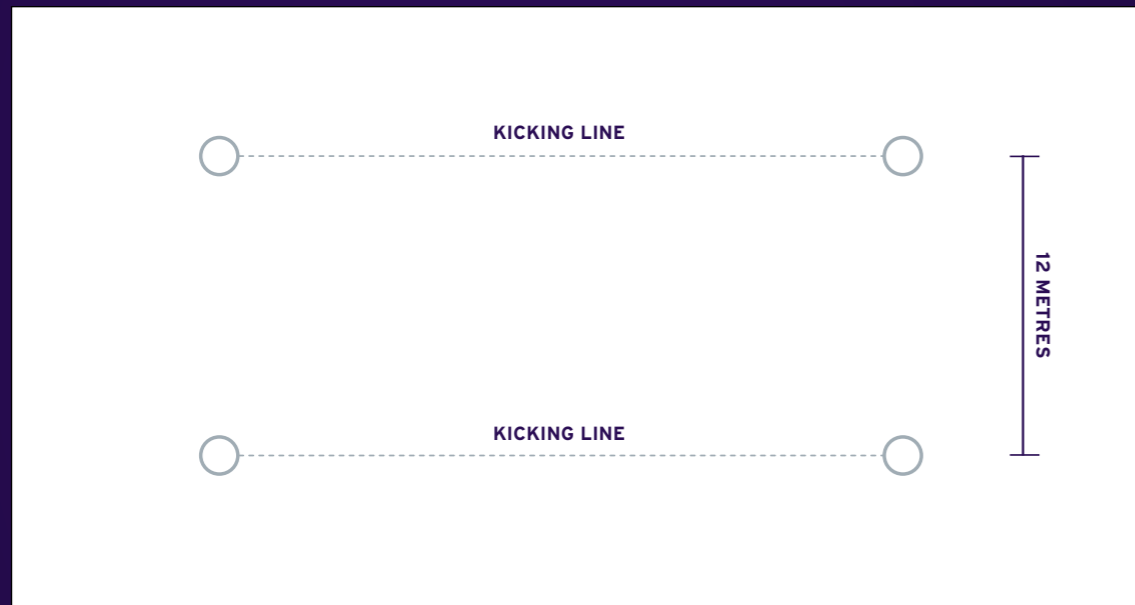
- Markers are placed at 10 metre intervals from a "kicking line" marked on the oval
- Kicks must occur from behind the "kicking line". No contact with the line is permitted
- Distance is measured from the "kicking line" to where the ball landed
- Students' distances are recorded individually (it is a 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
- 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 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

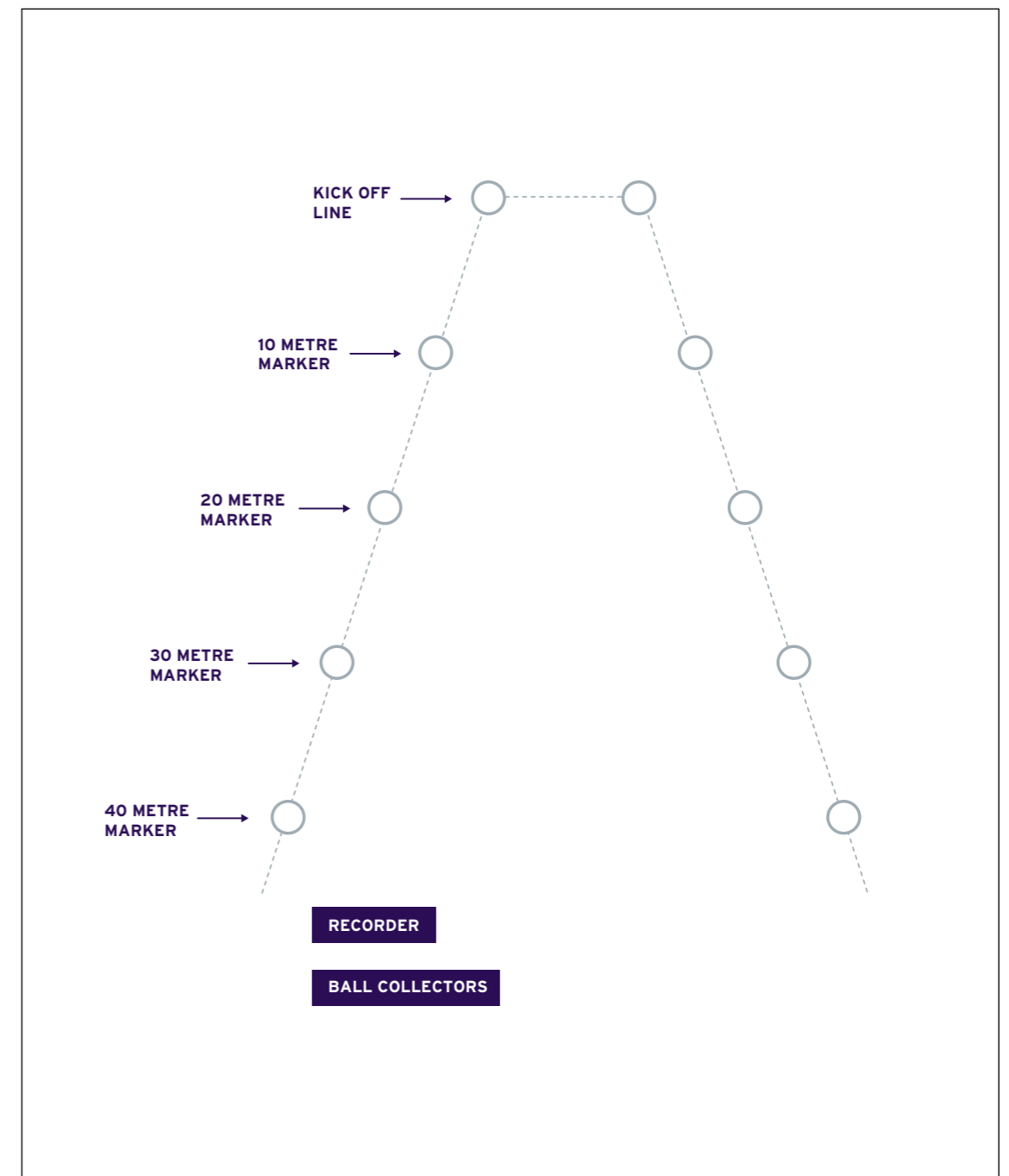
# FREO KWIK KICK diagram

YEAR 4 GIRLS AND BOYS  
YEAR 5 GIRLS AND BOYS  
YEAR 6 GIRLS AND BOYS



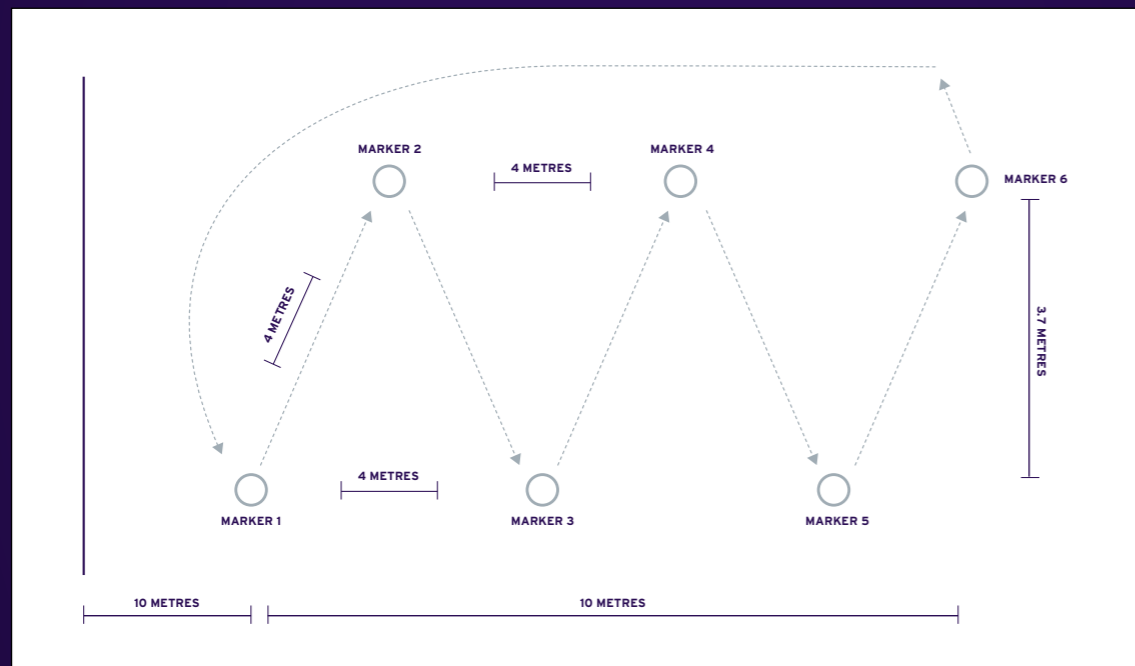
# FREO LONG BOMB diagram

YEAR 4 GIRLS AND BOYS  
YEAR 5 GIRLS AND BOYS  
YEAR 6 GIRLS AND BOYS



# FREO FAST BALL diagram

YEAR 4 GIRLS AND BOYS  
YEAR 5 GIRLS AND BOYS  
YEAR 6 GIRLS AND BOYS



# 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



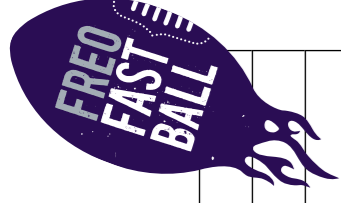
SCHOOL
COORDINATOR'S NAME
DATE OF THE EVENT

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 [tinyurl.com/skills4schools](http://tinyurl.com/skills4schools)

	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		

# NOTES

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## 2017 SEASON FIXTURE

RD	CLUB	DATE	*LOCAL TIME	VENUE	HOME/ AWAY
1	GEELONG	SUN 26 MAR	4.40PM	DOMAIN STADIUM	H
2	PORT ADELAIDE	SAT 2 APR	4.10PM	ADELAIDE OVAL	A
3	WESTERN BULLDOGS	SAT 8 APR	5.40PM	DOMAIN STADIUM	H
4	MELBOURNE	SAT 15 APR	1.45PM	MCG	A
5	NORTH MELBOURNE	SAT 22 APR	5.40PM	DOMAIN STADIUM	H
6	WEST COAST	SAT 29 APR	6.10PM	DOMAIN STADIUM	A
7	ESSENDON	SUN 7 MAY	2.40PM	DOMAIN STADIUM	H
8	RICHMOND	SUN 14 MAY	1.10PM	MCG	A
9	CARLTON	SUN 21 MAY	2.40PM	DOMAIN STADIUM	H
10	ADELAIDE	SAT 27 MAY	7.10PM	ADELAIDE OVAL	A
11	COLLINGWOOD	SUN 4 JUNE	2.40PM	DOMAIN STADIUM	H
12	BRISBANE	SAT 10 JUNE	4.35PM	THE GABBA	A
BYE					
14	GEELONG	SUN 25 JUNE	1.10PM	SIMONDS STADIUM	A
15	ST KILDA	SUN 2 JULY	2.40PM	DOMAIN STADIUM	H
16	NORTH MELBOURNE	SUN 9 JULY	1.10PM	ETIHAD STADIUM	A
17	WEST COAST	SUN 16 JULY	2.40PM	DOMAIN STADIUM	H
18	HAWTHORN	SAT 22 JULY	5.40PM	DOMAIN STADIUM	H
19	GWS GIANTS	SAT 29 JULY	2.10PM	SPOTLESS STADIUM	A
20	GOLD COAST	SAT 5 AUG	5.40PM	DOMAIN STADIUM	H
21	SYDNEY	SAT 12 AUG	1.45PM	SCG	A
22	RICHMOND	SUN 20 AUG	2.40PM	DOMAIN STADIUM	H
23	ESSENDON	TBC	TBC	ETIHAD STADIUM	A

FIXTURE IS SUBJECT TO CHANGE AT THE DISCRETION OF THE AFL.  
PLEASE CHECK LOCAL PRESS OR WEBSITE.

\*LOCAL TIME MEANS TIME AT VENUE.

WWW.FREMANTLEFC.COM.AU

## LOCAL FOOTBALL CONTACTS

IF YOU WOULD LIKE FURTHER INFORMATION REGARDING  
FOOTBALL IN YOUR AREA, CONTACT YOUR LOCAL  
DISTRICT OPERATIONS MANAGER OR DEVELOPMENT OFFICER

CLAREMONT FOOTBALL CLUB	9384 9200
EAST FREMANTLE FOOTBALL CLUB	9339 5533
EAST PERTH FOOTBALL CLUB	9443 2259
PEEL THUNDER FOOTBALL CLUB	9535 3448
PERTH FOOTBALL CLUB	9362 4499
SOUTH FREMANTLE FOOTBALL CLUB	9335 1555
SUBIACO FOOTBALL CLUB	9208 9999
SWAN DISTRICTS FOOTBALL CLUB	9279 8700
WEST PERTH FOOTBALL CLUB	9300 3611
WA FOOTBALL DEVELOPMENT	9381 5599



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