

What happens at NAB AFL Auskick?



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

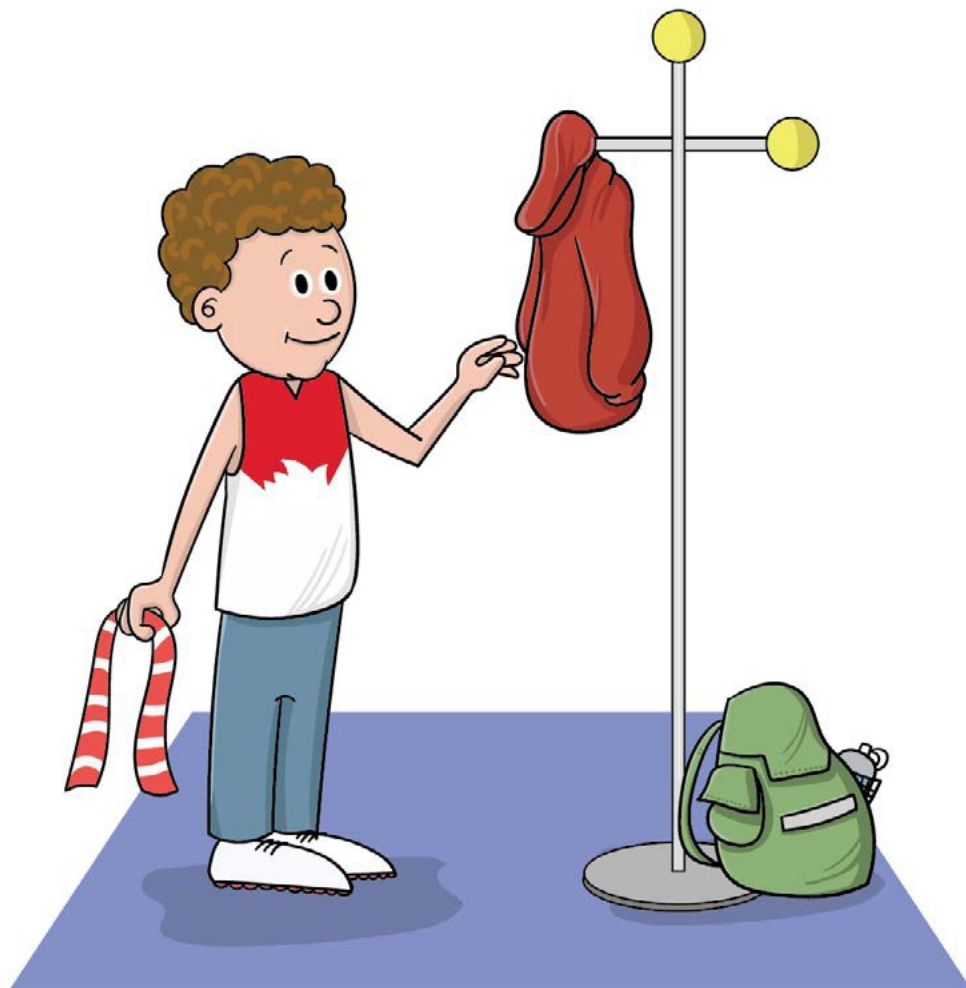
Auskick is an activity for children to learn about and play Australian footy.



Auskick happens when the footy season is on. It can happen after school, or on a Saturday or Sunday morning. It can go for 60 to 90 minutes. It usually happens at a football oval near my house.



When I go to Auskick, I wear my footy clothing.
I wear my footy boots or runners on my feet
and I usually wear my favourite football team
colours or jumper.



There is a coach who helps players know what to do.
 The coach helps players to learn about Australian footy, the rules and skills. The coach is like a teacher.
 There are also coach helpers who can help players.
 Sometimes, helpers are from players' families.



When it is time to start, the coach gets all of the players together in a group on the oval. The coach may remind us about the Auskick rules and tell us what we are going to do during the session.



Auskick sessions usually include warm-up games and activities. We might do this with everyone in one group or in smaller groups.



At Auskick, we do activities where we practise footy skills. This might include kicking, marking, handballing and bouncing the ball. We usually do this in small groups.



We might play a game of Australian footy with Auskick rules. This is called a mini match. Sometimes, players can do things other than play, like help the coach set up, help with activities, keep score and umpire during the games.



The last thing we do is come together as a group. The coach tells us what they thought about the session. The coach might tell us about what is happening next week.



Then, we go home. Going to Auskick can be fun!





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

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