

# How to learn new things

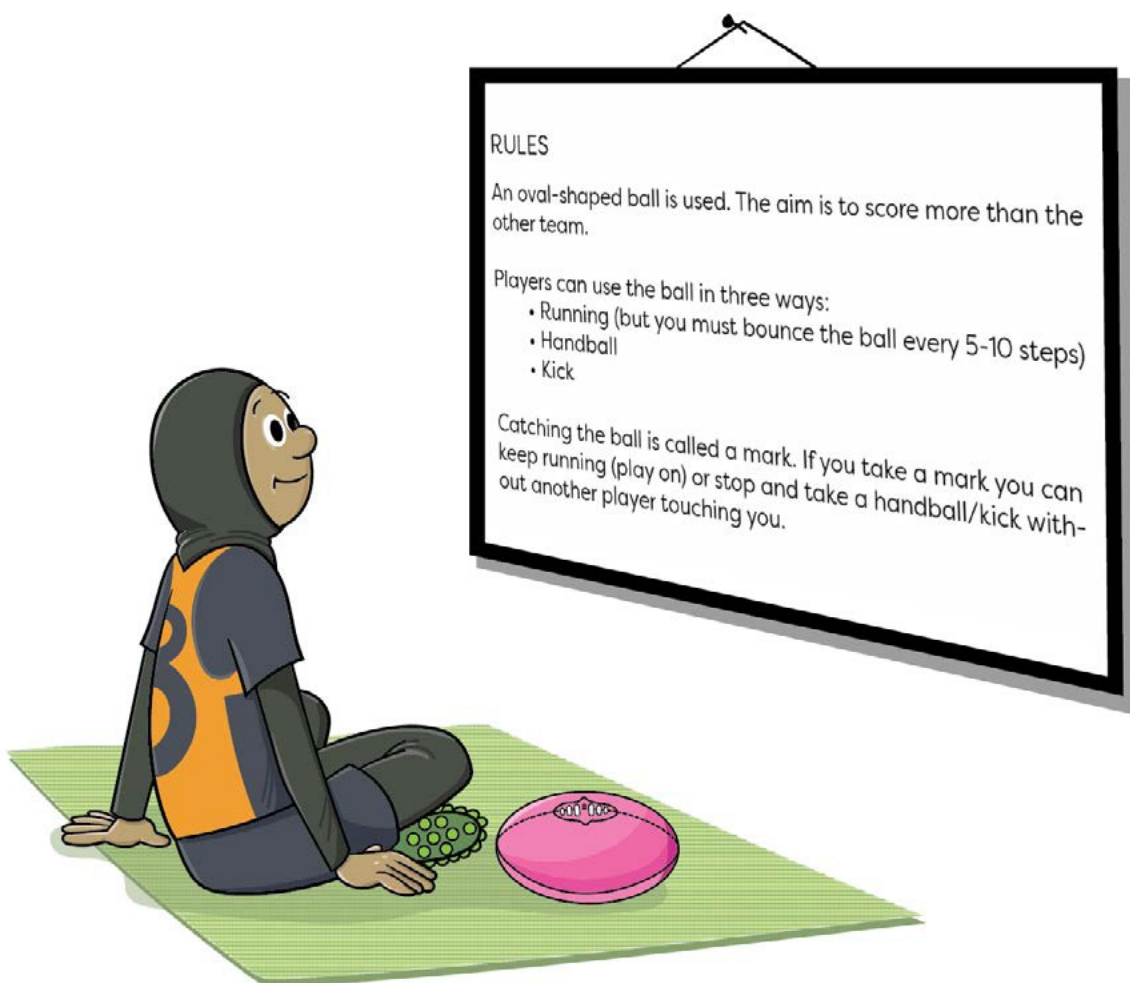


**Reader note:** while these stories have been developed to support all young people's participation in footy, we recommend that you speak with your child about the concepts and examples in a way that is relevant to your child.

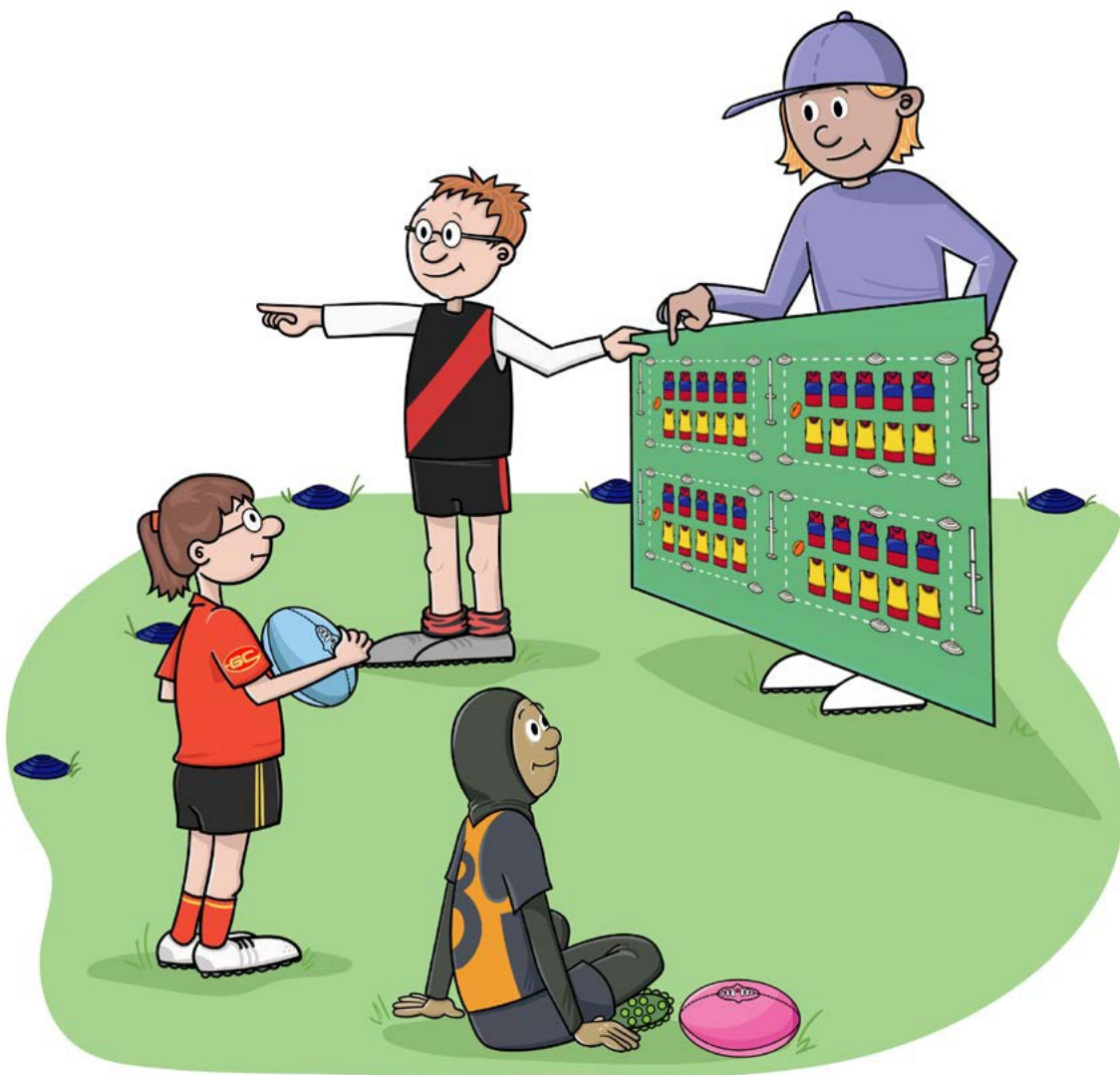
Sometimes to play sports, like NAB AFL Auskick, we have to learn new things. I might have to learn new skills, like how to handball and kick the football.



I might have to learn new rules, like the AFL rules and the rules at Auskick.



I might need to learn about the football field.  
There will be squares to play in marked by cones,  
different goal posts and people running around.



The AFL football can sometimes bounce funny and be tricky to kick because of its oval shape.



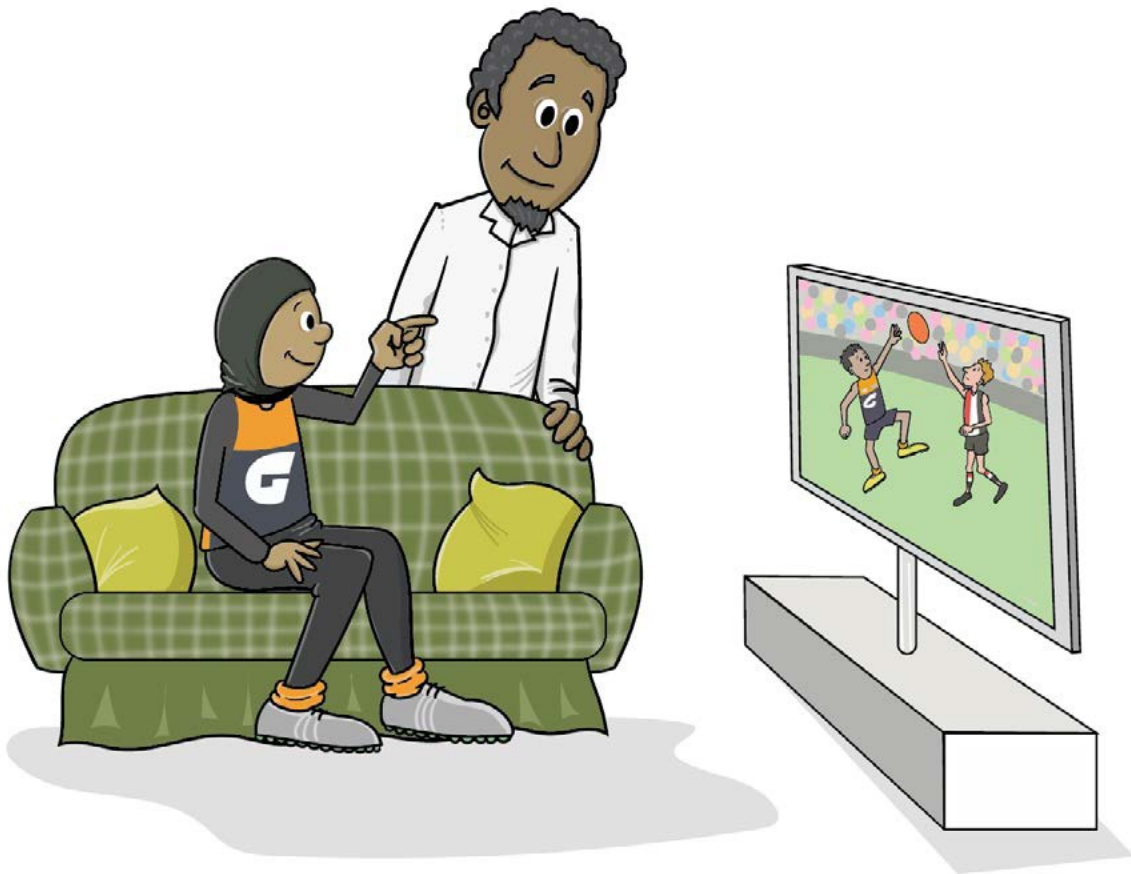
When I find learning new things hard, there are things I can do to help. I can remember that most people take many years to learn to play AFL football and spend lots of time practising.



I can ask a friend or someone from my family to spend time practising with me.



I can watch my favourite AFL football team playing on TV and see how they play.





I can go to Auskick and get help from the coach, helpers and other players.



Learning new things can sometimes be hard,  
but there are things that can help me learn.  
Playing 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](http://www.commic.com.au))