

Preparing for my first NAB AFL Auskick session



***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.*

Doing Auskick for the first time can be very exciting. I might feel nervous because I have not been to Auskick before. It is okay to feel nervous about doing something new, lots of other people feel nervous too. There are things I can do to prepare for my first Auskick session.



I can visit the oval where I will play Auskick before the first session so that I know where things are. I can go to the oval with my family. I might move around the oval so that I know what it feels like. I might be able to meet my Auskick coach if they visit the oval too.



I can get a football. I can practise playing football with my family at home or at the park. I can hold and kick the ball. We can play games with the ball.



I can ask if a friend can come to the first Auskick session with me. I might feel less nervous at Auskick if my friend is with me. At Auskick, I can do activities with my friend. We can meet other new people too.



I can use other footy stories to learn about what happens in Auskick sessions. Footy stories can help me know what to expect when I go to Auskick.



I can use the Auskick activity videos on the AFL website to learn about the activities. The videos will describe what happens in the activities. New activities take time to learn. It is okay if I don't get it right on the first try!



I might feel nervous about starting Auskick, but there are things that can help me feel prepared for my first session. Starting Auskick can be very exciting!





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.

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