



**POWER COMMUNITY
LIMITED**

AFL RESOURCE PACK

PORT ADELAIDE FOOTBALL CLUB

This AFL Resource Pack is designed to help students and staff to build confidence and improve their fundamental football skills. It provides clear guidance on how to handball, pick up ground balls and kick safely and effectively. While also offering a range of fun, practical activities to develop everyones skills through repetition and game-based learning.

Whether you're new to AFL or looking to sharpen your technique, this resource supports students and staff of all abilities to learn the basics, stay safe, and enjoy the game while continuing to grow their skills.

KEY TOPICS

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EQUIPMENT

WHAT IS NEEDED:

AFL Footballs - 1 Per Partner

20 x Cones
Preferably 2 different colours

Bibs - 2 sets of different colors or one team with no bibs.

AFL Goal Posts - 2 Point Posts and 2 Goal Posts

WHY DO WE NEED TO WARM UP?

Injury Prevention

Improved Performance

Increased range of motion

Enhanced coordination and reaction time

Mental preparation

WARM UP

PICK 1 OR 2 OF THESE ACTIVITIES TO DO:

Knee Tag

In pairs, players face each other and try to tag their partner's knees while protecting their own by moving and changing direction.

Cat & Mouse

In groups of four, three players hold hands in a circle to protect one player (the mouse). The fourth player (the cat) moves around the outside trying to tag the mouse while the group works together to keep the mouse from being tagged.

Tails

Create a zone where students have to stay in. Give everyone a bib to tuck into the back of there pants. Everyone has 2 minutes to steal others and protect there bib the people with the most bibs wins.

DYNAMIC MOVEMENTS

The next movements are called 'dynamic movements' which are important before doing any type of exercise. These allows the movement of muscles and joints to move through their full range of motion.



DYNAMIC MOVEMENTS

Standing in a large circle,
ensuring no one can touch the person next to them.

Leg Swings

Using a partner for balance swing one leg forward & backwards while keeping hips square. Keeping the other leg straight and foot pointing forwards.

Hip Circles

Stand with feet shoulder-width apart. Keeping your shoulders straight, circle your hips. Circle your hips clockwise and anti-clockwise.

Arms & Wrists

Put your arms out to the sides of your body and rotate in a circular motion (clockwise and anti-clockwise.) Repeat with keeping your arms straight and rotating your wrists.

Spinal Rotation

Standing still arms out to the sides. Rotate your upper body from left to right slowly. Allowing your back to turn and stretch. Make sure you don't rotate your hips.

DYNAMIC MOVEMENTS

Line students up in a straight line and undergo the activity all together as a group.

Open & Close

While walking lift your leg while standing on the other. Raising your leg to hip hit and turn outwards and outwards. Continue on other leg.

High Kicks

Walking while kicking your leg as high as possible while trying to touch your toes with the opposite hand take a few more steps then kick other leg.

Lunges

Put hands on your hips for balance, take a large step and bend both knees until the back knee is almost touching the ground. Stand up take 3 steps then repeat on other leg.

Heel-to-Toe

Taking a step, placing your heel on the ground. Move your weight onto the ball of your foot. Rise on your toes. Bringing your other foot forward & repeating.

RAISING THE HEARTRATE

A whole group activity for students to warm-up their bodies, prevent injury and prepare for the session.

Line up in a straight line and undergo the activity all together as a group.



RAISING THE HEARTRATE

Running - No sprinting, light jog. 20 meters and back, three times

Skipping - High skips and low skips

High knees - Running with knees coming right up to your chest

Butt Kicks - While running kick your bottom

Dodging - Change of direct quickly

HANDBALL

Throwing a football is not allowed
in Australian Rules Football.
Passing to a teammate should be
by handballing or kicking.
Learning how to handball is fun
and easy!



HOW TO HANDBALL?

FOLLOW THE STEPS:

1.

Hold the ball in the palm of your non-dominant hand

2.

The football laces facing the sky and one of the pointy ends pointing towards your target

3.

Form a fist with your dominant hand, make sure your thumb is on the outside

4.

Stand side on from your target with your front foot pointing forwards

5.

Step towards your target

6.

Swing your dominant arm back to about a 45-degree angle, with your fist pointing down.

7.

Stick the point of the ball with a closed fist, make sure your thumb is outside

8.

Follow through with your fist as the ball spins towards your target



HOW TO HANDBALL?

PARTNER ACTIVITIES

1 BALL PER PAIR

Hand ball back & forth with a partner working both left and right.

Handball football higher in the air to partner. Partner should aim to catch the ball above the head.



PARTNER ACTIVITIES

2 BALLS PER PAIR

Train Tracks - one ball is only passed on the left and the other is only passed on the right

Over & Under - 1 ball is only passed high and the other ball is passed at chest high.



GROUND BALLS

Ground balls are important because they allow players to win possession, keep the game moving, and stay safe under pressure.



GROUND BALL

Why's its important to learn the technique?

Protects your back and knees

Improves balance and stability

Keeps your head and body safe

Builds good habits early

HOW TO PICK UP A GROUND BALL?

1. Approach the ball at a comfortable speed

2. Step next to the football with your non-dominant foot

3. Bend your knees as your squatting

4. Scoop the ball up with your finger tips scraping the ground

5. Keep your head in line with your back, make sure you don't bend your back



PICKING UP A GROUND BALL

GROUND BALL ACTIVITY

IN PARTNERS WITH 1 BALL

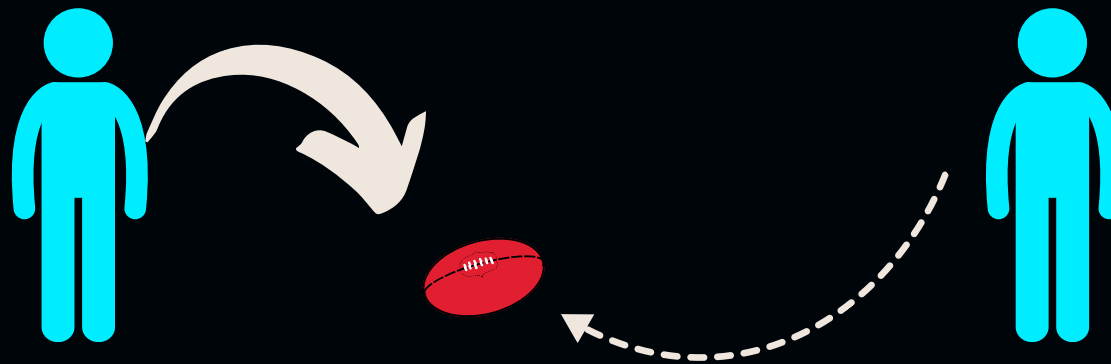
The passer rolls the football along the ground to the receiver. The receiver runs towards the ball, keeping their eyes on it. The receiver will pick the ball up with a scooping action. Aiming to not stop their motion. Swap after 10 turns.



2 BOUNCE GROUND BALL

IN PARTNERS WITH 1 BALL

In pairs, one player throws the football in the air while the other player watches the ball and waits for it to bounce 2 times then gather as quickly as possible. Receiver then handballs back to the thrower. After 5 turns swap roles.



KICKING

Kicking is one of the most important skills in footy. It is a notorious skill of the sport that sets it apart from many others.

Having a good foundational kick is a key skill for playing footy!



HOW TO KICK A FOOTBALL?

FOLLOW THE STEPS:

1.	Line your body up with the target	5.	Guide & drop the ball on to your foot while kicking through with your leg
2.	Hold the ball with both hands either side of the ball	6.	Watch the ball hit your foot. Make sure to point your toes
3.	Hold the ball over the thigh of your kicking leg	7.	Ensure that your leg swings and follows through directly towards the target
4.	Tilt your head over the football	8.	Step through with your kick

HOW TO KICK?



PARTNER KICKING

1 ball between the pair:

1. Kicking

Kick to your partner with your right leg then switch to your left leg.

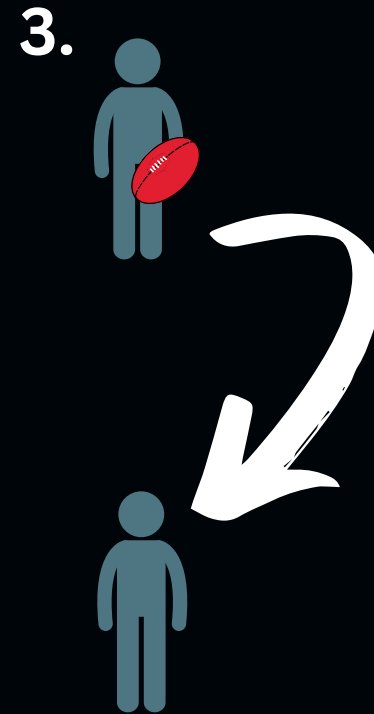
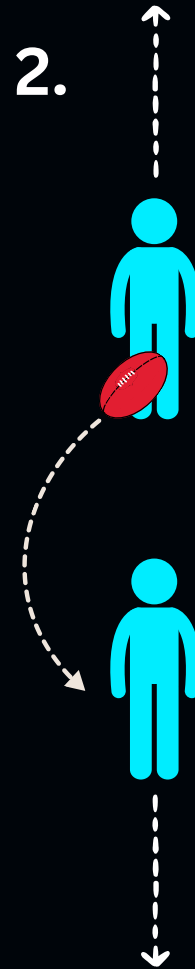
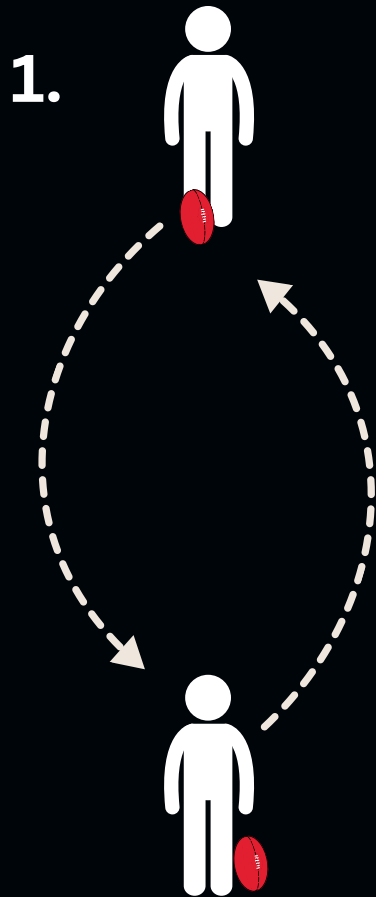
2. Kick & Catch

Start two steps apart kick the ball to your partner and if they catch it they take a step back. Repeat until either of you drop the mark or miss the target with the kick.

3. High Kicks

Kick the ball high to your partner. They will then mark the ball above the head like making a ball in-game.

PARTNER KICKING



BOUNCING

Bouncing the ball is an important rule in AFL that allows players to run with the ball while keeping the game fair. When running, a player must bounce or touch the ball on the ground at least every 15 metres. This prevents players from carrying the ball too far.



HOW TO BOUNCE?

FOLLOW THE STEPS:

1.	Stand still with your feet shoulder-width apart	5.	Push the ball down firmly with both hands.
2.	Hold the ball with both hands in front of your body.	6.	Let the ball hit the ground in front of you.
3.	Point the ball slightly downwards toward the ground.	7.	Watch the ball bounce back up.
4.	Bend your knees slightly for balance.	8.	Catch the ball with both hands.

HOW TO BOUNCE?



ONE STEP FURTHER

Once confident bouncing the football while standing still, take the next step by practicing the skill while walking, then jogging, and eventually running.

Progressing through these stages helps build control, coordination, and confidence while moving at game speed.



GROUP ACTIVITIES

- Attacking Drill
- Defending Drill
- Goal Kicking Drill
- Game Play



ATTACKING DRILL

IN GROUPS OF 5

The aim of the game is for the attackers to advance the football through the defenders without being stopped. The attackers can use kicking and hand-passing to move the ball. Defenders can move and apply pressure on the attackers in an attempt to force a bad kick or handball and cause a turnover

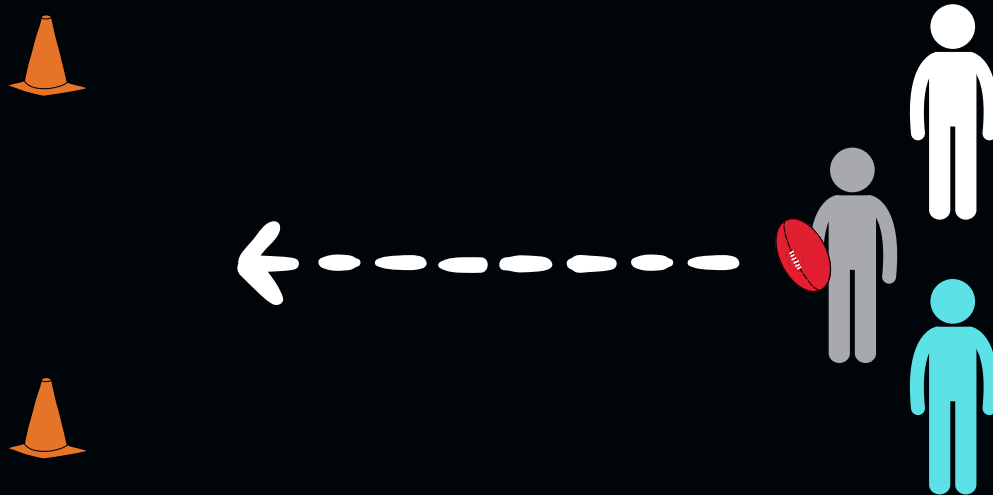


Blue : Defenders
White : Attackers



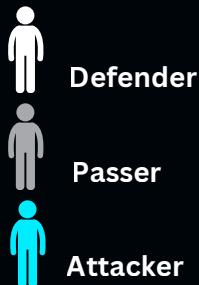
DEFENDING DRILL

IN GROUPS OF 5



The aim is to stop the attacker from getting the ball past the cones.

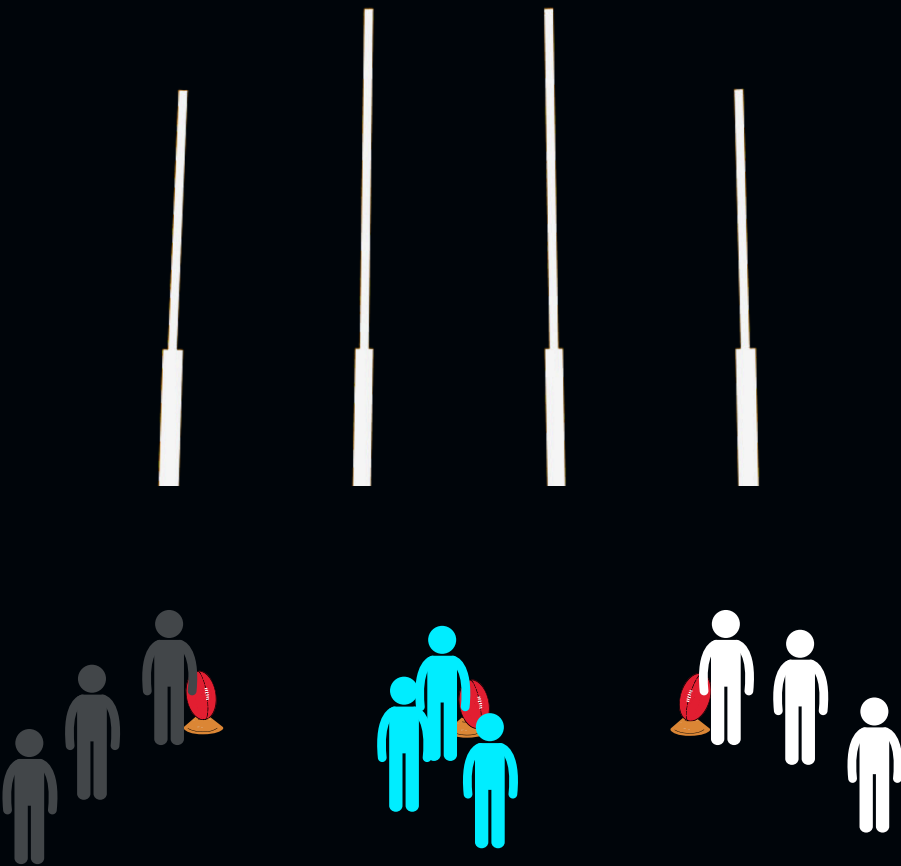
The passer will roll the ball toward the cones. The attacker will try to advance the ball across the cones while the defender will defend and try to stop the ball from advancing past the cones.



GOAL KICKING

3 DIFFERENT CONES

Splitting into 3 even groups, each group lines up in front of the goals and has 1 ball per group. Whoever is at the front of the line will have a shot at goals in an attempt to score some points for their group. The first team to 21 points wins.



GAME PLAY

Learning how to play football and understanding the rules of the game helps players feel more confident, make better decisions & stay safe on the field. Practicing these skills & knowing what's expected before attending the Santos Aboriginal Power Cup allows everyone to fully enjoy the experience, play fairly & focus on teamwork. While having fun & representing their Academy with pride.



SAPC FOOTBALL RULES

START OF PLAY:

1. The game shall be started by a ball-up when the siren has sounded and should be in the middle of the playing oval.
2. A player may not grab the ball at ball ups and play on. They must knock, palm or punch the ball and cannot play the ball again until it has been touched by another player.
3. After a goal, the ball is taken to center and restarted as in Start of Play.
4. If a point is scored, the opposition side shall kick in from the goal square.

OUT OF BOUNDS:

1. When the ball goes out of bounds by either foot, or the nearest opponent shall kick the ball in. They may not kick for goal from an out bounds kick in.
2. If there is doubt as to which team forced the ball out of the bounds, the umpire shall throw the ball up

PLAYING TIME:

Two 10-minute halves with a 3-minute half time and 3-minutes swap over between games - this may change depending on the length of the carnival (times subject to change during carnival)

SAPC FOOTBALL RULES

MARK:

Any player catching a ball directly from another player, provided the ball has travelled at least 10 meters, shall be awarded the mark

CENTER BOUNCE:

The center of the oval will be shown by a colored cone.

BOUNCING THE BALL:

A player in possession may bounce or touch the ball on the ground as many times as possible.

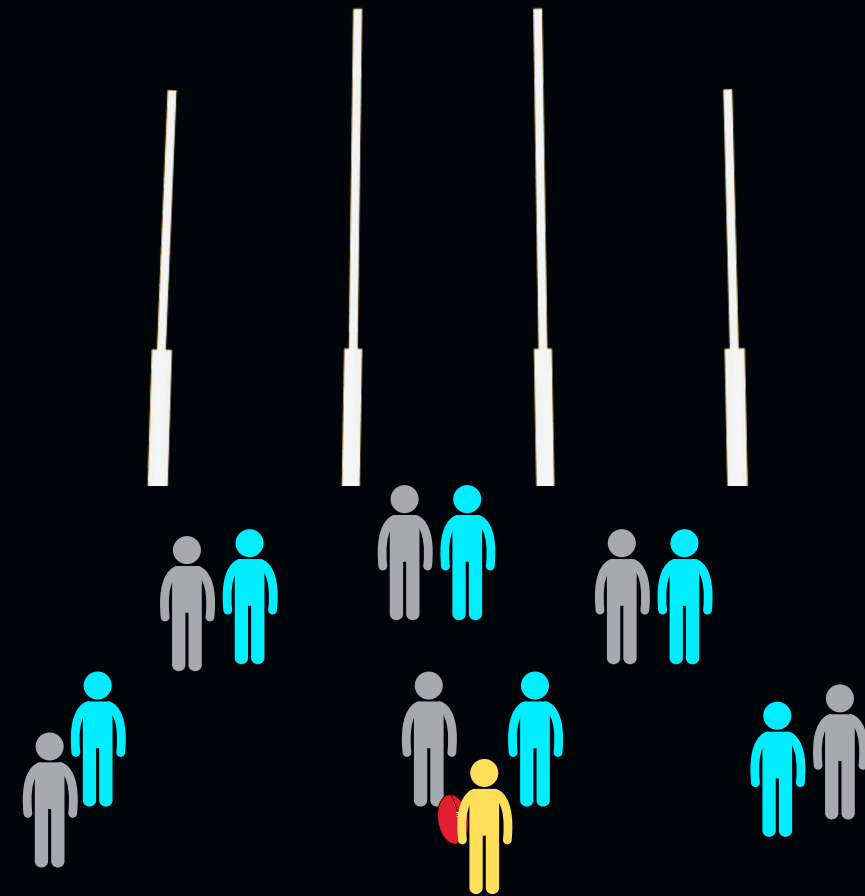
TACKLING

Players CANNOT:

1. Tackle a player to the ground.
2. Hold an opponent with their hands when in possession of the ball.
3. Push a player in the side.
4. Bump the player in the side only.

Players CAN:

1. Two hands touch the player with the ball, meaning the player with the ball needs to get rid of the ball within 3 seconds or the ball is turned over and the opposing team gets a free kick.
2. Steal the ball out of an opponent's hand.
3. Knock the ball out of an opponent's hand.



GAME PLAY

2 TEAMS

Two teams, one with bibs.
Using the 50 metre as a boundary. Both teams must try and kick a goal. If the ball is turned over they must cross the 50-metre boundary line to be able to score.

COOL DOWN

Cool downs and recovery help the body slow down safely after exercise and reduces the risk of dizziness or injury. They also support muscle recovery and help prevent soreness and stiffness.



WHY DO WE NEED TO COOL DOWN?

Lower heart rate and breathing

Reduce muscle soreness and stiffness

Improve flexibility

Prevent dizziness or light-headedness

Support recovery

COOL DOWN

Students gather in a large circle and undergo the activity all together as a group.

Slow Walking

Walk around the circle slowly to lower your heart rate.

Quad Stretch

Stand tall, pull heel to glutes

Hamstring Stretch

Reach toward toes with a straight back

Calf Stretch

Step one foot back, press heel into the ground

Hip Flexor Stretch

Lunge position, gently push hips forward

Shoulder & Arm

Cross arm across chest or overhead stretch

THANK YOU

We hope it supports everyone to build confidence, develop skills, and enjoy the game in a safe and positive way. By practising these skills and working together, we look forward to seeing students take their learning onto the field and enjoy every moment of their football journey.





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