

Auskick 2013



Coaches and Managers Manual

Please report any errors or omissions to the Club Secretary at
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1. What is the AFL Auskick Policy?

The AFL Auskick Policy specifies the national junior development program for primary aged school children. It is designed to introduce children and their parents to the game of football.

Volunteers, mainly parents, are responsible for successfully running the program. The AFL through Coach education and provision of resources, provides important support for volunteers.

The Community led philosophy makes AFL Auskick the most successful junior sporting program in Australia.

The three core elements make the Program successful:

1. Fun and Safe

A learning program has been devised matching appropriator skill development drills with the participant's abilities and needs. That means that every child is involved at all stages and improvement occurs across the board. The emphasis is on fun activities conducted in a safe environment.

2. For Kids and Parents

Both parties play a fundamental role in the success of the AFL Auskick program. The program assists boys and girls to improve their sporting skills. It promotes a wide range of physical activities and promotes good sporting behaviour. It also allows volunteers, mainly parents, to closely manage and share in the experience of developing their children at AFL Auskick centres by providing them with the back up support.

3. Managed by the Community

The Community underpins and drives the success of the AFL Auskick program. Not only do they provide the participants, but the conveners, managers, coordinators, coaches and volunteer helpers that are integral to the success of Auskick.

2. Why is Auskick so successful?

The AFL and states have invested heavily in creating the right introductory course to AFL football for primary school children throughout Australia.

The emphasis has always been on having fun while improving a child's sporting skills, coordination, health and fitness and social skills.

Its backbone remains the parents and volunteers who, supported by the AFL infrastructure, create their own sense of community.

The community leads the way. The AFL provides support. The state oversees the delivery. The philosophy gives direction.

The only commitment volunteers must make is to the AFL Auskick philosophy and to their child's sporting development.

Why is AFL Auskick successful?

- It's fun and safe
- It's for kids and parents
- It's managed by the community

AFL Auskick Features	
1. Fun	2. Safe
3. Coaching & benefits for Kids	4. Resources to support parents and volunteers
5. Skill development	6. Appropriate match Rules
7. Equal opportunities	8. Codes of conduct
9. Community Environment	10. Links to AFL competition

3. It's for the kids

AFL Auskick allows children to play sport in a relaxed, environment where making friends, having fun with their parents, improving their skills are given equal weight. It also provides excellent social value.

All children regardless of their ability will have as many opportunities to touch the ball and use it effectively as the next child.

All children improve their ball handling skills and confidence playing a team sport.

AFL Auskick provides a strong base for kids to move into sport on a competitive level.

10 reasons why kids love sport	
1. Being physically active	2. Developing new skills and improving existing ones
3. Being with friends and making new ones	4. Being part of a team
5. Learning from coaches	6. Playing with parents
7. Wearing a uniform and using good equipment	8. Competing and achieving
9. Receiving benefits and rewards	10. Health and fitness

4. It's for the Parents

Parents are the driving force behind AFL Auskick. Their role as coordinators, Coaches, and volunteers is fundamental to the success of the program.

But it's not all giving. Parents have the opportunity to learn about football, parenting skills and make new friends through their involvement in Auskick.

Coordinators, Coaches and Managers should ensure parental involvement in their children's Auskick program. Auskick is hopefully the start of or continuation of a lifetime involvement in the AFL game for parents.

10 reasons why parents become involved	
1. Play with their children	2. Contribute to a child's social development
3. Learn new skills	4. Share talent and knowledge
5. Serve the community	6. Have fun, relax and make new friends
7. Give something back to football	8. Feel valued, useful and appreciated
9. Love of the game	10. Help others

5. Basic information about the SDJFC Auskick Program

Where:	Seacrest Reserve, Seacrest Drive, Sorrento.	
When:	Saturday mornings (Rain or shine)	8.45
	Kick with Parents	8.50 to 9.00
	Skills development	9.00 to 9.40
	Games	9.40 am start
	Finish	10.30
	4 x 10 min quarters that start and finish with the central siren.	
	3 x 3 minute break between quarters.	
Team training:	Training is conducted during the normal Auskick time. There is no team training outside of the above times	
Ages:	Pre Primary to Grade 3	
	* Children must turn 5 on or before June 30 in the current year.	
Season:	From: 6 April to 24th August 2013	
Costs:	Auskick Registration Fee \$90 + \$20 club raffle ticket surcharge. Includes AFL Auskick Pack, Trophy, Yearbook, Presentation, Insurance & team photo.	

What the Kids Need

Football Boots:	Second hand boots at substantial discounts can be purchased through the club on Registration Days.
Footballs:	Kids need to bring their Auskick Footballs (comes inside the Auskick Pack) each week. Kids need to write their name on their footballs.
Club Shorts and Socks:	Players need to play in Club colours. Brown shorts and gold and brown hoop socks (Hawthorn colours). Shorts and socks can be purchased through Kingsway Spots Power (9309 9285) who are supporters of the Club.
Mouthguards:	Club strongly recommends all players wear mouthguards. A deal has been arranged through Protex mouthguards, details are available from the club website.
Water Bottle:	Players need to bring their own drinks each week during the season.
Playing Jumpers	Club will supply along with general game equipment.
Registration	Kids need to be registered (mainly from an insurance basis). No registration, no play.

6. Auskick Key Contacts 2013

Cory Lake - Auskick coordinator 0417 955 436 cory@transmin.com.a

7. The Auskick Head Coach

The head coach coordinates the coaching program.

Coaches in the AFL Auskick program come from a variety of backgrounds, often with an interest in teaching or coaching and are normally parents of children attending the AFL Auskick centre. Occasionally they are not parents but people with a genuine interest in assisting children in this age group.

The major role of the coach is to follow the guidelines of the coaching program (as outlined in detail by the AFL Auskick National Coaching Manual) but also to engage the assistance of other parents to conduct the coaching elements of the program.

Coach education is available to all parents however the head coach needs to hold at a minimum a Level One Accreditation. The Head Coach's responsibilities include:

- Mentoring and providing guidance to Auskick coaches and umpires
- Be a resource and provide guidance and answer questions
- Facilitate regular feedback and interaction with other coaches as required.

SDJFC Auskick 2013 Head Coach is Cory Lake

Cory will coordinate coaching activities at Seacrest. Cory has Level 1 coaching qualifications as well as having many years of Auskick experience.

8. The Auskick Team Coach

Coaching is fun and can be one of the most rewarding experiences in your life! Coaching is Auskick is spectacular. Each week you get to guide a group of young kids and their parents through a range of activities that will hopefully develop football skills and enable kids and their parents to interact in a fun safe environment. It is amazing how much skills the kids will acquire during the year under your guidance and leadership.

Some key points to remember:

- Have fun!
- Make sure the kids have fun
- Every parent is an assistant coach, make sure you use him or her
- Make sure parents have fun
- Recognise that the kids are kids and will not be football stars at the end of 3 months

The formal role of the Auskick Coach includes:

- Teaching the individual kids, the team and the parents.
- Basic knowledge of injury prevention measures
- Understanding of the laws of the game
- Goal setting
- Following the guideline provided by the club.

The role covers control, discipline (setting the ground rules) and communication with players. At a practical level preparation to impart information on the game and skills plus drills session development are critical. Maximum participation of each player is critical

Some of the challenges of the Auskick Team Coach include:

- To create a positive playing and training environment that promotes learning and development and is motivational.
- Be creative in your coaching to retain interest
- Ensure all players have equal opportunity to participate - maximum participation
- A willingness to learn and interact with fellow coaches
- Basically our role is to create a fun learning environment and remember while discipline is important always keep your sense of humour.

Coaches should avail themselves of the pre-season clinic usually held in conjunction with the Auskick coaches and managers meeting.

There are many guides available online for coaches including the AFL Auskick site <http://www.aflauskick.com.au/coordinators/lesson-plans/> and WAFC Coaching Resources http://www.wafootball.com.au/football/junior-football/downloads/cat_view/157-junior-football/168-nab-afl-auskick-a-afl-junior-rules-5-12-years/170-coaching-guides

9. The Auskick Team Manager

The good news is that the role of the Auskick Team Manager should be able to be undertaken almost entirely during the Saturday morning Auskick sessions.

The challenge is that you need to use your best communication, negotiation and delegation skills to entice the parents of the team members to help in making the Auskick experience work for their children as well as them.

Hence, your role is to coordinate the multiple of off field activities that need to occur each week to make Auskick happen. The following is a list of some of those activities. Your role is to make sure that they happen, not to do them all yourself!

The majority of parents will be more than willing to help; they just need the encouragement and support to step up to the plate.

The coach should get first pick and secure some assistant coaches. Basically this should be every parent on a rotating basis. After this you will need parents to help with the following tasks:

Assistant Manager	Find somebody prepared to assist you! Just in case you are away or you need extra help on any day. Find an assistant manager as a priority.
Team Communications	The manager or delegate should coordinate all of the communications from the Auskick coordinator / club out to the parents in the team. This may be the regular email correspondence or hard copies of documents in the team 'pigeon hole'. Remember to check for new items each game day and get them out to the parents promptly.
Team Umpire	Each Auskick Team needs an Umpire. Basically, this is a parent who can umpire 2 x 10-minute quarters of football. The rules are very simple with the overriding principal, have fun! Ideally you should aim to have one or two parents who will share the task throughout the season. Refer the section on Team Umpire
Washing Jumpers	The jumpers need to be washed each week. Set up a roster for a different parent to take the jumpers home each week wash them and bring them next ready to be worn. Do not allow individuals to take their own jumper home and wash - this is how they get lost! All jumpers must be washed in cold water or they will shrink
Oranges	Time old tradition, no idea why. But we continue the process and parents normally share the task of bringing some cut up oranges for half time for the kids each week.
Ground set up	All teams share the task of setting the ground up during the season. The team in <u>Bold & Underlined</u> on the fixtures sets the oval up. Refer to section 14 for details.
Goal post break down	At the end of each Auskick session, each team is responsible for returning the goal posts back to the storeroom. The Manager should allocate this task out to ensure it happens.
Risk - Weekly ground inspection	It is important that each week, one of the parents from each team walks over the entire playing field to ensure that there are no dangerous items on the field. This task can be allocated out to one person for the entire season.
Goal Umpire	Each week each team must supply a goal umpire. Adds to the excitement and realism of the game for the kids. Easy task that can be allocated each week or for the season.
Time Keeper	At Seacrest quarters will start and finish on the central siren.
Social & Fundraising coordinator	Refer section on "Show me the money". You just need somebody to help with the distribution and collection of information, tickets etc. that support our social and fun raising activities.

10. Show me the money! Social activities and fund raising

Each year SDJFC has more than 800 kids playing in 50 teams. To make all this happen costs money, lots of it. In fact this year it will cost more than \$100,000.

The majority of income to make this happen comes from registration fees and sponsorship. However, to keep registration fees as low as possible the club undertakes a range of fund raising activities. During previous years these included:

- Sausage sizzles
- Canteen sales
- Raffle ticket
- Parent social nights
- Annual Club Social night

You'll probably see much of these activities occur again each year and all teams are asked to assist with the gift baskets for the social evening.

Apart from generating the valuable needed income, many of these activities are great social events that enable players and parents to socialise with each other.

Encourage your Parents to actively participate in these activities and support their club and kids.

Many teams also have their own social functions and a great way of breaking the ice and keeping the team spirit is organising a team BBQs and other outings.

11. The Auskick Team Umpire

What's a game without rules? AFL and Auskick are no different; it is a fair bet that the rules of AFL football are one of the liveliest debated subjects within Australia.

The role of our Auskick Team Umpire is quite simple, just interpret the rules of Auskick and apply in a consistent manner, week in week out for 15 weeks, while under the microscope of 30 budding critics and their parents - what a joy and what have you got yourself into!

Actually the role of the Auskick Team Umpire is :

- Understanding and applying the philosophies of Auskick
- Understanding and applying the rules of Auskick
- Applying the additional overlay of SDJFC requirements on Auskick standard Rules.

Practically what does this mean?

- Umpire 50% of the Auskick game each week.
- Decide with the Team Umpire for the other team who will umpire which quarters of the game.
- It is important that each Umpire umpires half a game so that both Umpires can learn from the skills and interpretations of each other.

- Liaise with the team coach, head coach and Auskick coordinator on any issues or problems that have been identified during the game.
- Have fun!

How will we help you!

- We will provide guidance via a briefing session held on the first couple of games. Go through the key rules, run through scenarios take questions and answers.
- The head coach and coordinator are available at all times to support you and answer any questions you may have.
- Observe and provide feedback.

12. Auskick Rules 2013

	NAB AFL Auskick Program for 5-7 Year Olds Pre Primary to Year 1	NAB AFL Auskick <i>SupaRulz</i> Year 2 and 3
1. Playing Field	Half senior size. Approx. 80m. <i>Divide into three zones -30/20/30m</i>	<i>Half senior size. Approx. 90m x 40m Grid with centre circle. Divide into three zones -30/30/30m</i>
2. The Team	9 to 15-a-side preferred - no rucks and rovers. No reserves. Rotate players every quarter.	12 or 15 a-side preferred - no rucks and rovers. No reserves. Rotate players every quarter.
3. Playing Time	<i>Up to 4 x 10 minute maximum quarters</i>	<i>Up to 4 x 10 minute maximum quarters</i>
4. Start of Play	A. Ball up between 2 centre players B. Players should be approximately equal size C. Players cannot take full possession out of ruck contests.	A. Ball up between 2 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 4. Different players contest the ruck each time. Goals can only be kicked by players in forward zone.	As in 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 5m in C. Off hands or body - ball up 5m 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 5m in. C. Off hands or body - ball up 5m in from boundary. D. Full possession rule.
8. Tackling	Players cannot hold with hands, knock out of hands, push in side, 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 3 seconds to dispose of the ball.
9. Bumping	No deliberate bumping. No deliberate contact is permitted. Incidental contact only.	Strictly no bumping allowed,
10. Barging	Barging, fending off or chopping with hands passed opponents is NOT allowed. A free kick shall be awarded.	Barging, fending off or chopping with hands passed opponents is NOT allowed. A free kick shall be awarded.
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.
13. Mark	Any reasonable attempt to catch ball directly from kick irrespective of distance travelled. No standing on the mark. No playing on allowed.	Any reasonable attempt to catch the ball directly from 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 umpire discretion	To be applied. Penalty time is 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 premierships points, no finals, no ladders, no match results, names of players published	No premierships points, no finals, no ladders, no match results, names of players published.
21. Awards	Awards provided to each team (Mgr to pick up)	Awards provided to each team (Mgr to pick up)

13. SDJFC Modifications to Standard Rules

(PP& Grade 1) shall play standard Auskick rules. SDJFC allows all players per team on the ground. Even up rule applies so that both teams must have the same number of players on the ground and in each zone as the other team. If necessary the team with more players shall lend the other team players so all players are on the ground.

(Grade 2 & Grade 3) Suparulz will be implemented for the grade 2 and 3's Auskick players only. The oval will be split into thirds.

14. Oval Set-up Requirements

The game fixtures highlight the team in bold and underlined are responsible for setting up the oval on a particular week, supporting the sausage sizzle if required and finally making sure everything is put away including the sponsors signs.

Please consult with the Auskick Coordinator to instruct teams how to set-up the oval on their nominated week.

The nominated team for the week will need to be at the oval by 8.10 am to set up all ovals and sponsors signs. If necessary, the team will also have to look after the sausage sizzle if the Y10s do not show up. See below.

Weekly Oval Set Up Requirements

1. All Goal and Point posts need to be placed on the ovals as per the Oval layout plan below. White P's (for points) and G (for goals) have been painted on the ground.
2. Sponsor signs need to be set up outside the club.
3. If by 9.00 am the Y10s have not showed up, the BBQ needs to be set up and parents from the nominated team need to cook the sausage sizzle. Refer to the Canteen Staff. Rarely happened in previous years.
4. At the end of Auskick the Sponsor's signs need to be taken down and put away in the store room.
5. Check that all Goal & Point posts have been put away.
6. Check that tables, pigeon holes and BBQ have been put away

15. Oval Layout

