



3 SESSION AUSSIE RULES PROGRAM

ADAPTIVE PROGRAM

Calgary Kangaroos Australian Football Club

Adaptive Wheelchair Program, 60-90 min Sessions

For more information email auskick.calgary@gmail.com



WWW.AUSKICK.CA

Activity #1 Pass, Pass (5-10 min)

What to do

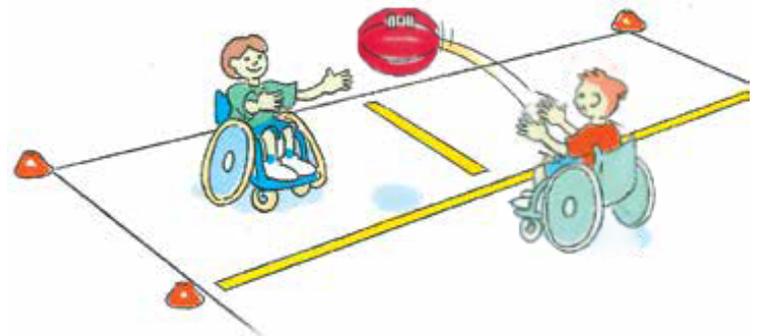
Pass, pass! In pairs (groups of 2), players face their partner approximately 1 metre apart. With 1 football per pair, players pass the ball back and forth seeing how many times the pair can pass the football before dropping the football. If the football is dropped, start again from 0 throws.

What you need

- 1 Football per pair.
- Optional- markers to separate pairs.

Change it up

- **Timed**- Pairs see how many throws they can get in a set period of time (e.g. 1 minute).
- **Race**- Pairs see who can get to a set number of throws first (e.g. 20 throws). Football on top of head when finished. Can be consecutive throws without the football hitting the ground or non-consecutive throws.



Activity #2 Handball, Handball (Kick) (5-10 min)

What to do

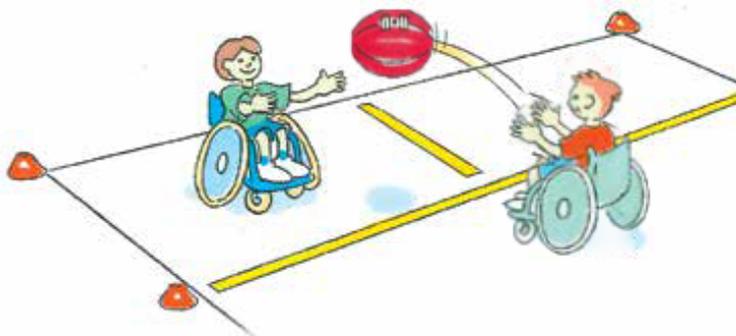
In pairs (groups of 2), players face their partner approximately 1 metre apart. With 1 football per pair, players handball the football back and forth seeing how many times the pair can handball the football before dropping the football. If the football is dropped, start again from 0 handballs.

What you need

- 1 Football per pair.
- Optional- markers to separate pairs.

Change it up

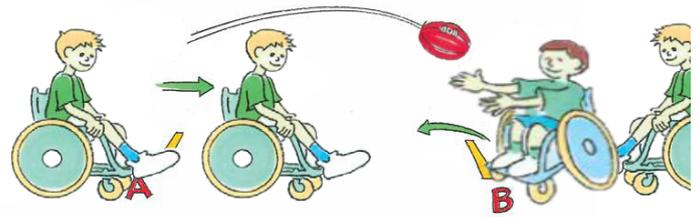
- **Timed**- Pairs see how many handballs they can get in a set period of time (e.g. 1 minute).
- **Race**- Pairs see who can get to a set number of handballs first (e.g. 20 handballs). Football on top of head when finished. Can be consecutive handballs without hitting the ground or non-consecutive handballs.



Activity #3 Handball/ Throw Lanes (10-15 min)

What to do

Players are divided into teams of 3-4 behind each marker. The player with the football will handball to the player on the opposite marker and then push through to the end of that line. The player receiving the football will then handball to the next player at the starting marker. Players should be on the move when handballing and receiving the football. Use both hands to handball.



What you need

- 1 Football per lane.
- Markers to mark the lanes. Lanes should be approx 10m apart for handballing and 30m for kicking.

Change it up

- **Ground Balls-** Have one end of the lane roll the football to the opposite marker. Once the player retrieves the ground ball they will handball the football back to the starting marker.
- **High Balls-** Have one end of the lane throw the football into the air to the opposite marker. Once the player marks the ball over head they will handball the football back to the starting marker.
- **Race-** Have lanes race each other to see who can finish first.

Activity #4 Goal Scoring (10-15 min)

What to do

On the signal, players will handball the football and try and score 6 points through the two middle poles. If the player hits a large pole or handballs it through a large and small pole they receive 1 point. Players will then remain in the handballing zone. On the signal, players will then go and get their football returning to the handballing zone to get ready to handball the football again.

If there are not enough footballs for one per person, players will handball in pairs with pairs alternating handballs.

What you need

- 1 Football per person or 1 football per pair.
- Markers to mark out the handballing zone.
- 4 Posts (Flags, stakes etc). 1.5m apart.

Change it up

- **Distance-** Players handball from different lengths from the goals.
- **Angle-** Players handball from different angles from the goals.
- **Scoring-** Have players keep count of how many points they can get from a certain number of handballs.
- **Long-** Have a competition to see which player can handball the furthest with and without bouncing.





SESSION #1

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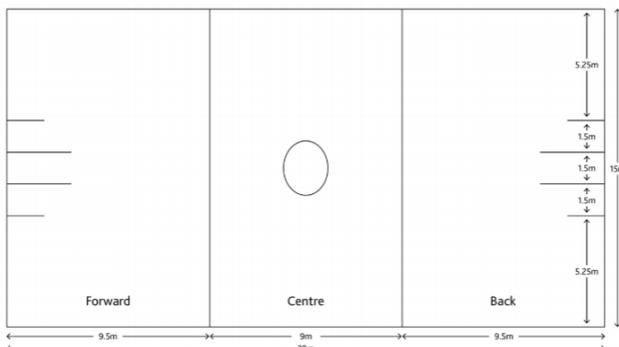
Activity #5 AFL Game (30-40 min)

What you need

- 1 Football, ideally size 5 synthetic.
- Markers to mark the field, approx 28x15m. Divided into 3 zones at approximately 9m per zone.
- 8 Posts (Flags, large markers etc). 1.5m apart.
- Pinnies to distinguish teams.
- Wristbands or sashes to distinguish a players position.

Regulations

- **Field Size-** Approx 28x15m
- **Players on the Field-** Max 8- a-side. 5 players per team on the field with 3 players on the bench. Teams will have 2 defenders, 2 forwards and 1 centre.
- **Game Length-** 4x10 minutes. If game is within a training session play 2 halves of the time you have remaining.
- **Scoring-** A goal (6 points) between the two large poles, a behind (1 point) between a small and large pole or if it hits a large pole. Only forwards can score and a goal can only be scored with a handball.



Activity #5 AFL Game Rules

Rules

- **Zones-** Forwards can only move in the forward and centre zones, defenders can only move in the defense and centre zones and the centre can move in all zones. The football cannot travel from the back zone to the forward zone without the football touching a player or the floor in the centre zone. If this occurs the opposition will get the football on the defense/ centre line.
- **Tag-** If a player with the football is tagged they have to dispose the football within 1 push of the wheelchair or 3 seconds. A player may knock the ball out of a payers hands provided they only touch the football. There is to be no intentional contact to the body or wheelchair of an opposing player. This includes pushing, holding, bumping or charging. If any of the above occur, the player being infringed will be awarded a non-impeded pass or handball.
- **Possession-** Players may stay in possession of the football for a maximum distance involving 3 pushes or change of direction unless the player is tagged by an opposition player. A player is allowed 1 bounce per possession which includes bouncing the ball or touch the side of the wheelchair with the football.
- **Disposing-** Players can dispose of the football through an underarm pass using 1 or 2 hands and through a handball which is the equivalent to a kick.
- **Restart of Play-** At the beginning of the game, after a break, or after a goal (6 pointer) has been scored 2 players, 1 from each team will participate in a ball-up in the center of the court. A ball-up is similar to a basketball jump ball. Players can only tap the football and cannot grab the football. From a behind (1 point) the football is required to be hand balled back into play from between the goals.
- **Marking-** If a player catches the football from a handball without the football bouncing, this is a mark. That player then has an unimpeded handball or pass. A mark is not awarded from a pass. The football must travel at least 3 metres for a mark to occur.
- **Out of Bounds-** If the football goes outside of the playing area, the team who did not last touch the football will receive the football for an unimpeded handball or pass. If in doubt a ball-up will be called.
- **Gaining Possession-** Players may pick the football up off the ground or catch the football whilst it is travelling through the air.



Activity #1 Criss Cross Handball (5-10 min)

What to do

Players are divided into teams behind the four markers in a 10x10m square. The first players on the marker on the same side will start with a football. The player with the football will handball to the player on the diagonal marker and then push through to the end of that line going through the middle of the square. The player receiving the ball will then handball to the next player at the starting marker.

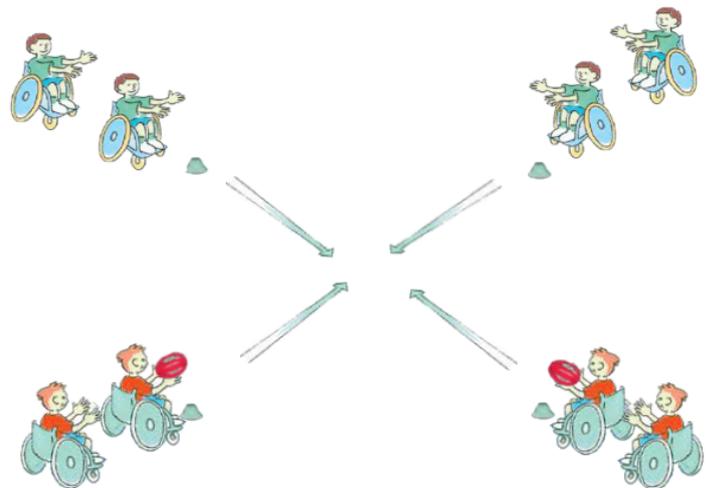
Players should be on the move when handballing and receiving the football. Use both hands to handball.

What you need

- 2 Footballs.
- Markers to mark the square. 10x10m square for handballing.

Change it up

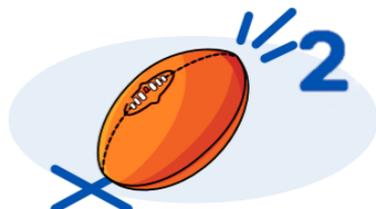
- **Ground Balls-** Have one end of the lane roll the football to the opposite marker. Once the player retrieves the ground ball they will handball the football back to the starting marker.
- **High Balls-** Have one end of the lane throw the football into the air to the opposite marker. Once the player marks the high ball they will handball the football back to the starting marker.



Activity #2 How to Bounce the Football (0-5 min)

What to do

- Players grip the football lightly on the laces of the football with their dominant hand. Non-dominant hand rests lightly on the side of the football.
- Players aim the football out in front of the body to make it easier to catch when moving forward.
- Players will guide the football down with their preferred hand with the football bouncing back to the player. Players should aim to land the football between the point and centre of the football.

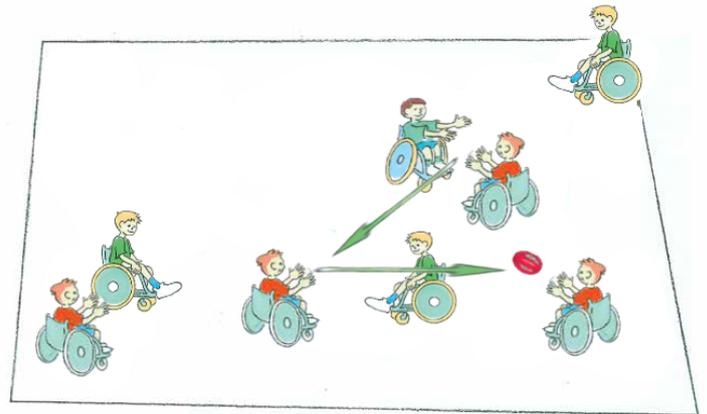


Activity #3 Keeping's Off (10-15 min)

What to do

Players are divided up into teams of 5-6. In a square field of 15x15m, teams will handball the football to each other and aim to handball the football 5 times in a row without the football being intercepted. If the team can get 5 successful handballs in a row they will score 1 point. If the ball is intercepted, possession of the football changes to the opponent.

If the football is hand balled outside of the square, it is a change in possession. If the football hits the ground, the game continues and the first player to pick up the football gains possession. Players may move with the football for 3 pushes or change of directions with the opponents able to steal the football from the ball carrier.

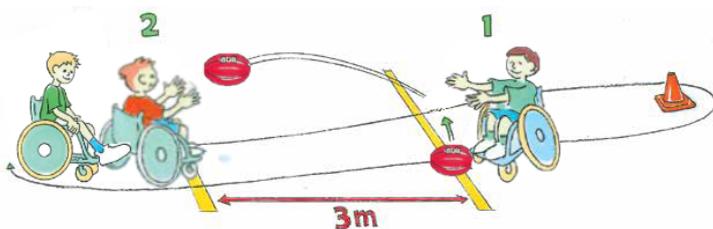


What you need

- 1 Football per playing area.
- Markers to mark out the playing area 15x15m.
- Pinnies to distinguish teams.

Change it up

- **Opposite-** Players handball with their opposite hand.
- **Attacking-** Have one team attack and one team defend only. 1 point per 5 passes, -1 points for an interception. Have each team be attackers for a designated period of time (e.g. 2 min).
- **Numbers-** Play with a greater number of attackers to defenders to make scoring easier (e.g. 7v3).



Activity #4 Relay Race (10-15 min)

What to do

Players are placed into teams of 4-5. On the signal the first person will push with a football to a marker out in front, return to the team and on the way back handball the football to the team-mate next in line and goes to the back of the line. This pattern continues until all players have had a turn.

What you need

- 1 Football per team.
- Markers to indicate the starting position and turning point.

Change it up

- **Pick-up-** On the way to the turning point, players place the football on the ground halfway between the start and turning point. Players then pick up the football on the way back prior to passing/ handballing to the next player in line.



SESSION #2

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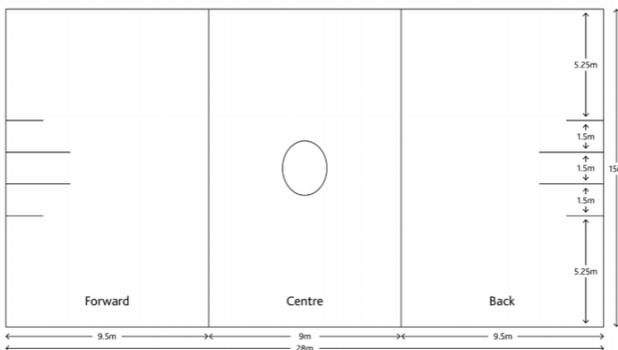
Activity #5 AFL Game (30-40 min)

What you need

- 1 Football, ideally size 5 synthetic.
- Markers to mark the field, approx 28x15m. Divided into 3 zones at approximately 9m per zone.
- 8 Posts (Flags, large markers etc). 1.5m apart.
- Pinnies to distinguish teams.
- Wristbands or sashes to distinguish a players position.

Regulations

- **Field Size-** Approx 28x15m
- **Players on the Field-** Max 8- a-side. 5 players per team on the field with 3 players on the bench. Teams will have 2 defenders, 2 forwards and 1 centre.
- **Game Length-** 4x10 minutes. If game is within a training session play 2 halves of the time you have remaining.
- **Scoring-** A goal (6 points) between the two large poles, a behind (1 point) between a small and large pole or if it hits a large pole. Only forwards can score and a goal can only be scored with a handball.



Activity #5 AFL Game Rules

Rules

- **Zones-** Forwards can only move in the forward and centre zones, defenders can only move in the defense and centre zones and the centre can move in all zones. The football cannot travel from the back zone to the forward zone without the football touching a player or the floor in the centre zone. If this occurs the opposition will get the football on the defense/ centre line.
- **Tag-** If a player with the football is tagged they have to dispose the football within 1 push of the wheelchair or 3 seconds. A player may knock the ball out of a payers hands provided they only touch the football. There is to be no intentional contact to the body or wheelchair of an opposing player. This includes pushing, holding, bumping or charging. If any of the above occur, the player being infringed will be awarded a non-impeded pass or handball.
- **Possession-** Players may stay in possession of the football for a maximum distance involving 3 pushes or change of direction unless the player is tagged by an opposition player. A player is allowed 1 bounce per possession which includes bouncing the ball or touch the side of the wheelchair with the football.
- **Disposing-** Players can dispose of the football through an underarm pass using 1 or 2 hands and through a handball which is the equivalent to a kick.
- **Restart of Play-** At the beginning of the game, after a break, or after a goal (6 pointer) has been scored 2 players, 1 from each team will participate in a ball-up in the center of the court. A ball-up is similar to a basketball jump ball. Players can only tap the football and cannot grab the football. From a behind (1 point) the football is required to be hand balled back into play from between the goals.
- **Marking-** If a player catches the football from a handball without the football bouncing, this is a mark. That player then has an unimpeded handball or pass. A mark is not awarded from a pass. The football must travel at least 3 metres for a mark to occur.
- **Out of Bounds-** If the football goes outside of the playing area, the team who did not last touch the football will receive the football for an unimpeded handball or pass. If in doubt a ball-up will be called.
- **Gaining Possession-** Players may pick the football up off the ground or catch the football whilst it is travelling through the air.



Activity #1 Hourglass Handball (5-10 min)

What to do

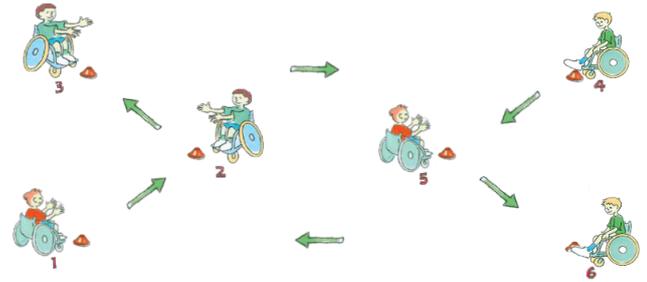
Players are divided up evenly on the 4 outside markers with only 1 player to be on the 2 inside markers. Markers will be 5-10m apart. Player 1 starts with the football and pushes and handballs to player 2, player 2 will then push and handball to player 3, with player 3 going to player 4, player 4 to player 5, player 5 to player 6 and player 6 back to player 1 with the activity continuing for a designated period of time. Players should follow the football and line up at the marker that they have handballed the football to.

What you need

- Footballs.
- Markers to mark out the activity area. Markers to be 5-10m apart.

Change it up

- **Opposite-** Players handball with their opposite hand and go in the opposite direction.
- **Ground Ball-** Players 1 and 4 role the football to players 2 and 5 who pick up a ground ball and then handball to players 3 and 6 respectively.
- **Passing-** This activity can also be done with passing instead of handballing.
- **Footballs-** Have two footballs running simultaneously with one football each starting at groups 1 and 4.



Activity #2 No-Go Football (10-15 min)

What to do

Players are divided up into 2-3 teams or more depending on the number of courts. Two teams will be on either side of the no-go area and players will start by passing the football back and forth with the football to be passed over waist height.

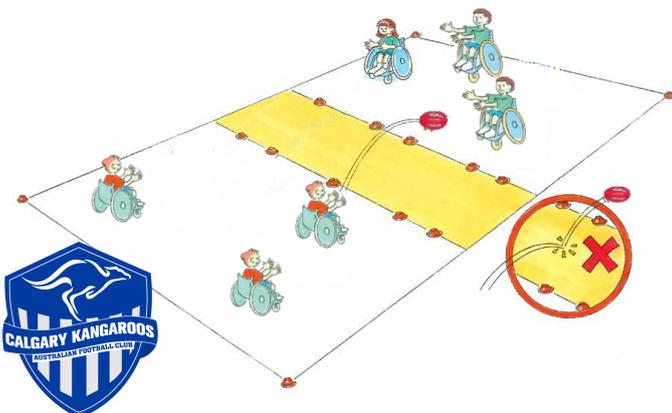
The opposing team must catch the football prior to the ball bouncing on the ground. Points are scored if the football touches the ground on the opponent's side, the opponent sends the ball out of the court and the ball lands in the no-go zone from an opponents pass. Score to a designated number of points (e.g. 11 point) or a set time limit (e.g. 5 minutes)

What you need

- Football.
- Markers to mark out the playing area 45x20m rectangle. 5m no-go zone.

Change it up

- **Handball-** Players have to handball over the no-go zone above waist height.
- **3 Pass-** Teams have to pass the football 3 times to each other in 10 seconds or less before handballing the football back to the opponents side.
- **Size-** Increase or decrease the size of the field or no-go zone to make the activity easier or harder.



Activity #3 Goal Scoring Race (10-15 min)

What to do

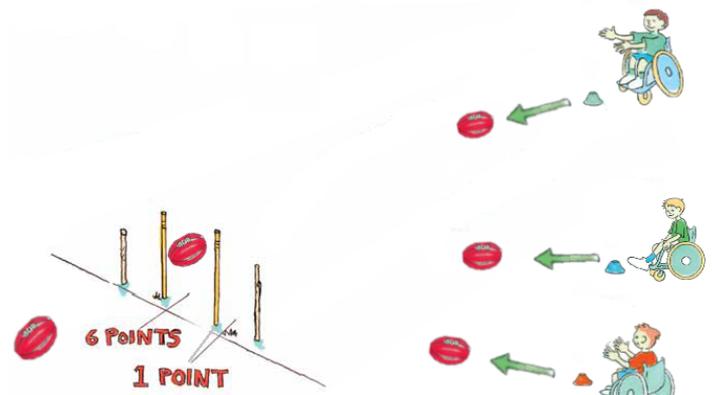
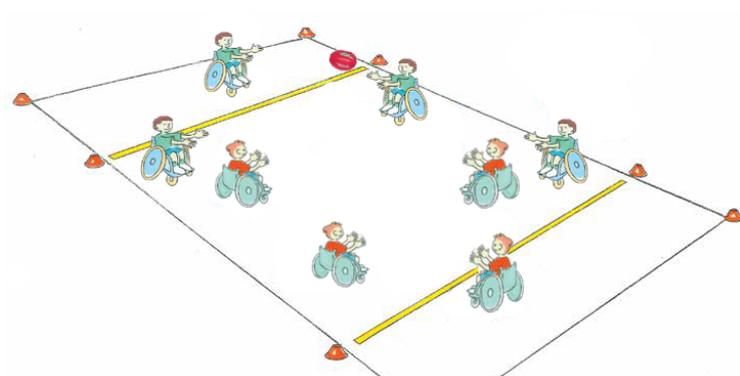
Players are divided into groups of 3. On the signal 3 players push from their marker, pick up a football and then handball for goal. The player who handballs the first goal is the winner of the heat. After each set of heats the winners of each heat will then compete against each other in a final, with the other players competing in lower grade finals. After each round, the markers are moved to another part of the field and a new round is started.

What you need

- 4 Footballs.
- Markers to mark the starting position.
- 4 Posts (Flags, stakes etc). 1.5m apart.

Change it up

- **Opposite-** Have players use their opposite hand to handball.



Activity #4 Endball (15-20 min)

What to do

Players are divided into teams of 5-6. Can play with two fields if necessary. Teams score points by passing or hand balling the football to each other with each successful pass/ handball worth 1 point. For bonus points the football is passed/ hand balled to a team-mate in either of the two end-zones receiving 5 points. Players can move with the football but only for a maximum of 3 pushes or change of directions. Defenders try to intercept the football and once in possession of the football become the attackers. Defenders must not use contact but can strip the attacking player of the football. Play for a designated period of time (e.g. 5 minutes) or to a designated score.

What you need

- 1 Football per field.
- Markers to mark the field (approx 10x20m), and end-zones (approx 3m).
- Pinnies to distinguish teams.

Change it up

- **End Zone-** Have one end zone designated to each team.
- **Numbers-** Play with a greater number of attackers to defenders to make scoring easier.



SESSION #3

CALGARY KANGAROOS AUSTRALIAN FOOTBALL CLUB
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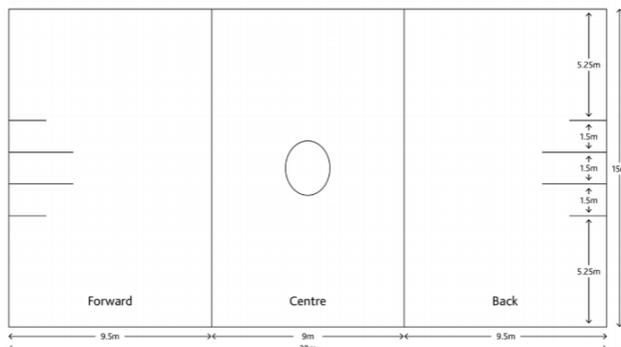
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Activity #5 AFL Game Rules

Rules

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- **Disposing-** Players can dispose of the football through an underarm pass using 1 or 2 hands and through a handball which is the equivalent to a kick.
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