

FREMANTLE DOCKERS
FANS & COMMUNITY
MORE THAN FOOTY

FREO FUNDAMENTALS

Lesson Plans

LESSON ONE

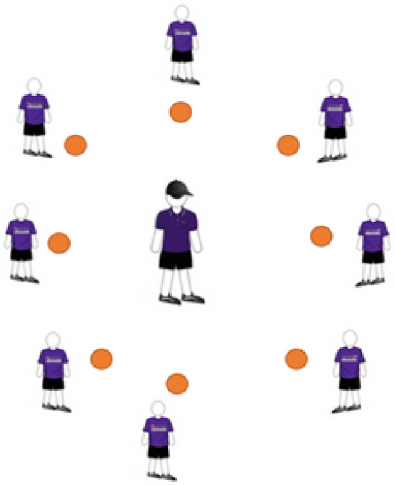
FOCUS: MOVEMENT SKILLS

Movement skills give us the ability to run, change direction quickly and balance effectively while maintaining control. It requires coordination, balance, speed, and quick reactions. Excellent movement skills help Ebony Antonio run away from her opponent down the wing and kick the ball forward to a leaping Roxy Roux!
In today's session we will focus on developing movement skills through fun games while also practicing some skills with the footy.

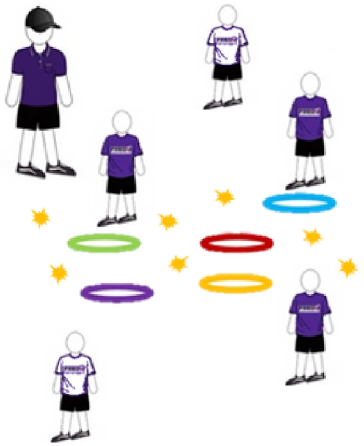
ACTIVITY OVERVIEW

WARM UP	ACTIVITY 1	ACTIVITY 2	ACTIVITY 3	ACTIVITY 4
Mirror Mirror	Avoid The Sharks	Reaction Game	Red Light, Green Light	Rob The Nest
EQUIPMENT				
Cones, Footballs	Cones, Footballs, Hoops	Cones, Footballs	Cones, Footballs	Cones, Footballs, Hoops

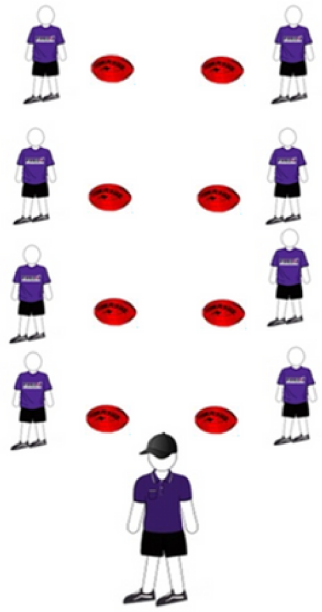
MIRROR MIRROR

Warm Up	Diagram	Equipment	Coaching Points
Introduction		Cones Footballs	Copy the coach just like a mirror Freeze like a statue on the whistle
Participants to make a circle around the coach. Coach explains participants must copy each of the coaches actions just like a mirror. On the whistle students must freeze like statues.			
Activity			
Participants mirror the actions of the coach, start with hands on head, shoulders, knees etc to get participants attention. Progress to stretches reach to the sky and touch your toes, lean over to one side etc. Continue to movements such as jogging on the spot, jumping jacks, high knees, hops and jumps.			
Progression			
Include footballs for older groups, pass the ball around body, balance ball on one hand, balance with one foot on top of the ball etc.			

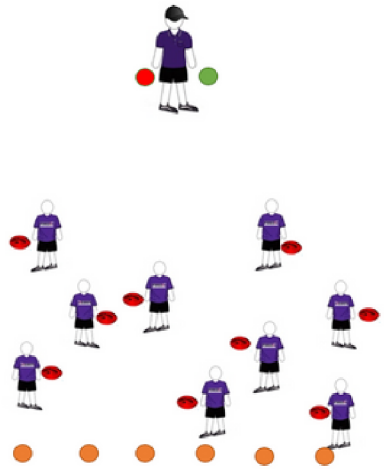
AVOID THE SHARKS

Activity 1	Diagram	Equipment	Coaching Points
Introduction		Cones Footballs Hoops Bibs	Dodge and weave around the obstacles Looking around to make sure you don't bump into anyone
This game will require loads of different movement skills like running, jumping, dodging and changing direction.			
Activity			
Participants begin inside the grid, with two /three taggers (sharks) outside the grid. Participants must run around the grid avoiding all of the fish (footballs / cones) in the ocean, by dodging, weaving or jumping over them. When the coach calls 'here come the sharks' the taggers will enter the grid and attempt to catch participants before they reach the safety of the hoops (islands). Any participant that is tagged will swap with tagger to become a shark.			
Progression			
Add different movements for participants inside the grid, jump, hop, side step etc. Limit the number of participants per hoop, increase the number of sharks.			

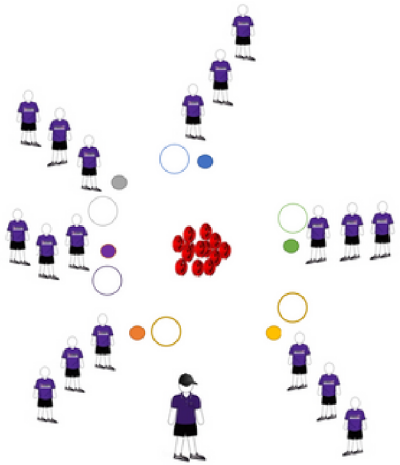
REACTION CHALLENGE

Activity 2	Diagram	Equipment	Coaching Points
Introduction Participants to line up with a partner facing the coach. Coach explains participants must copy each of the coaches actions before bending down to pick up the ball as quickly as possible. Activity Participants begin alongside their partner with a football each. Participants must follow the coaches call 'hands on head, spin around, swap sides, jump in the air' etc until the coach calls "footy". When the coach calls "footy" participants must step in and attempt to pick up the ball before their partner. Progression Have one ball between each pair instead of a ball each and players must step into the middle to get the ball before their partner. Focus on safe pickup technique, stepping in from the side, low body position, keeping head safe.		Cones Footballs	Quick Reactions Shoulders facing coach at all times Step in from the side to keep head safe

RED LIGHT, GREEN LIGHT

Activity 3	Diagram	Equipment	Coaching Points
Introduction Participants to line up on the start line facing the coach. Coach explains participants must listen and look carefully and may only move forward when the light is green. Activity Participants begin on the start line watching the coach. Participants can only move forward when the green cone is raised in the air (green light). As soon as the red cone is raised (red light) participants must stop and freeze exactly where they are. Progression Progress from calling out the colour to just raising the cone. Change the type of movement participants must use from walking to running, jumping, side step etc. Last person to freeze must return back to the start line. Bring football with you, every time the light turns red must do a footy trick or skill with the ball.		Cones Footballs	Quick reactions Eyes on the footy for skills

ROB THE NEST

Activity 4	Diagram	Equipment	Coaching Points
Introduction Participants line up in teams of 5/6 facing the pile of footballs. Coach explains participants must retrieve as many footballs as they can from the middle. Activity Participants begin in teams facing the pile of footballs in the middle. On the whistle one participant per team will run to the middle picking up one football at a time and bringing it back to their group. They will place the ball in their hoop and tag the next person in their team to allow them to go. Progression Adapt the different ways participants have to move to get to the centre, sidestep, jump, single leg hop etc. Progress to throw or handball back to the next person in the group before they can go.		Cones Footballs Hoops	Run as fast as you can into the middle and back out Look out for other players while you are running Bend down nice and low to pick up the groundball Remember only one football at a time

LESSON TWO

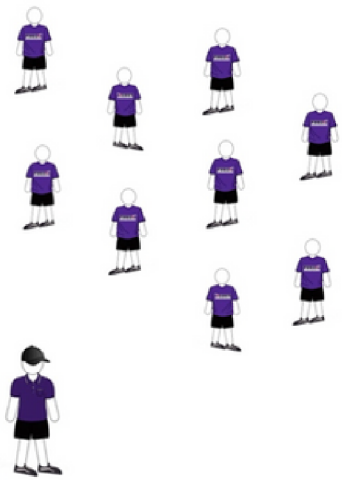
FOCUS: COORDINATION & HANDBALL SKILLS

Coordination is the ability to use different parts of the body together smoothly and effectively. We use coordination all the time during activities like walking, running, throwing, catching and kicking.
Coordination helps Nat Fyfe collect the ball in the midfield and deliver a kick forward to Michael Frederick who runs in for a shot on goal!
In today's session we will focus on developing coordination skills through games while also practicing our movement skills and having some fun with the footy.

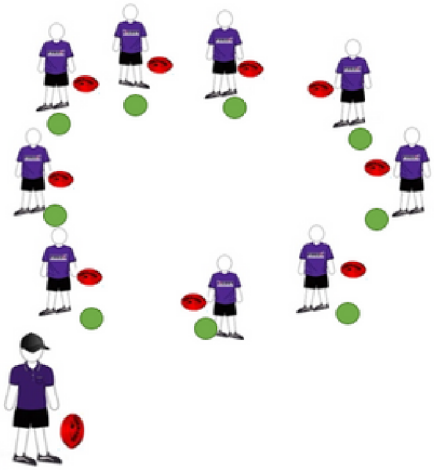
ACTIVITY OVERVIEW

WARM UP	ACTIVITY 1	ACTIVITY 2	ACTIVITY 3	ACTIVITY 4
Remote Control	Footy Circus	Handball Pairs	Gates	Run The Gauntlet
EQUIPMENT				
Cones, Footballs	Cones, Footballs	Cones, Footballs	Cones, Footballs	Cones, Soft Balls or Footballs

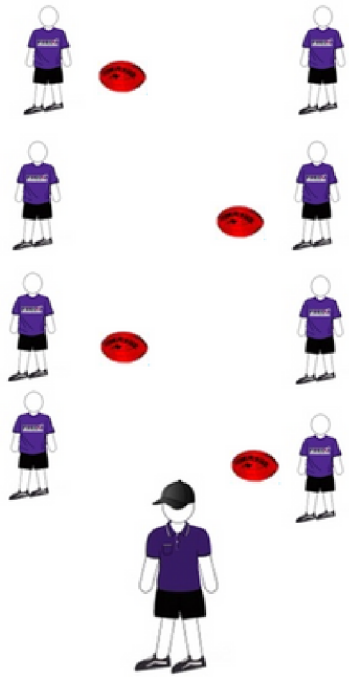
REMOTE CONTROL

Warm Up	Diagram	Equipment	Coaching Points
Introduction Participants spread out inside the grid and must listen to the coaches instructions. Each instruction comes from one of the buttons on the remote control just like when your watching TV! Activity The coach calls out different instructions from the remote control; **Play** = Walk / Jog **Pause** = Freeze **Rewind** = Walk Backwards **Fast Forward** = Jog / Run faster **Volume Up** = Jump Up **Volume Down** = Move low along the ground **Change Channel** = Different type of movement (Hop, Skip, Side Step etc) Progression Progress to jog / running, add footballs and on pause incorporate some footy skills and tricks.		Cones Footballs	Dodge and weave through the grid to avoid the other participants Keep your eyes on the ball for footy tricks

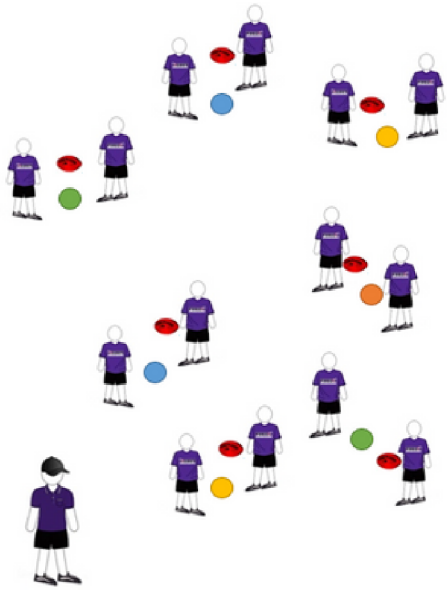
FOOTY CIRCUS

Activity 1	Diagram	Equipment	Coaching Points
Introduction Participants have a football each and must copy the coaches instructions to practice some footy tricks. Activity Participants line up in a circle with a football each and practice some footy tricks led by the coach. Coach begins with basic ball handling skills; balancing the ball on one hand, passing from hand to hand, spinning the ball in the air, waist wraps, figure 8's, throw and catch, clap challenge etc. Progression Challenge students to some competitions see who can get the most reps in for each challenge in 30 seconds.		Footballs Cones	Eyes on the football all the time No 11 with arms when chest marking W with hands when marking overhead

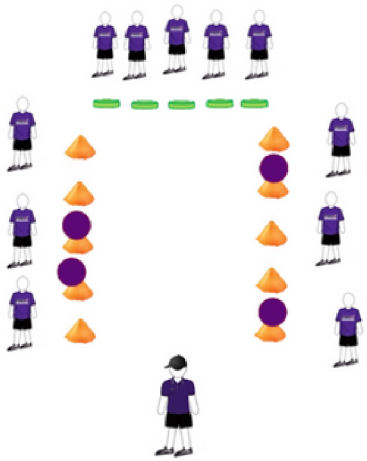
HANDBALL PAIRS

Activity 2	Diagram	Equipment	Coaching Points
Introduction Participants have a football between two and must follow the coaches instructions to practice their handball skills. Activity Participants line up facing their partner with a football per pair. Participants copy the coach practicing their surfboard stance, elephant trunk and ice cream cone to handball to their partner. Practice using the number 11 chest mark technique to catch the ball. Progression Challenge students to some competitions see who can get the most reps in 30 seconds. Add in a reaction element, students handball until the hear the whistle, when the whistle blows the student with the ball must run in the opposite direction to their opponent to get away, the partner without the ball must attempt to run and tag them		Footballs Cones	Surfboard stance; one leg in front of the other Elephant trunk; long still platform arm to rest the ball before striking Ice cream cone; make a fist with your striking hand just like you are holding an ice cream Make sure the laces are pointing towards the sky Eyes on the football No 11 with arms when chest marking

GATES

Activity 3	Diagram	Equipment	Coaching Points
Introduction Participants have a football between two and must follow the coaches instructions to practice their handball skills and unlock as many gates as possible. **Activity** Participants line up facing their partner, one football per pair with a cone between them. Each round the coach will show a new code to unlock the gates, begin with rolling the ball over and back between participants. 5 Rolls will unlock the gate and allow participants to move onto a new gate. Progress to throwing and catching and work up to using the handball skill to unlock the gates. Participants must complete three handballs to unlock a gate and once they unlock a gate they may move onto a new gate (any cone of a different colour). Aim to unlock as many gates as possible before time runs out. **Progression** Challenge students to see which pair can unlock the most gates in 30 seconds. Increase the number of handballs needed to unlock the gate. Adapt skills needed to unlock the gate, roll the ball, throw and catch etc.		Footballs Cones	Surfboard stance; one leg in front of the other Elephant trunk; long still platform arm to rest the ball on before striking Ice cream cone; make a fist with your striking hand just like you are holding an ice cream Make sure the laces are pointing towards the sky Eyes on the football No 11 with arms when chest marking

RUN THE GAUNTLET

Activity 4	Diagram	Equipment	Coaching Points
Introduction Participants are divided into two teams with half the group lining up on the end line and the other half split across both sides of the grid (as per diagram). Coach explains that participants must attempt to run through from one side of the grid to the other without getting hit by the ball. Activity On the coaches whistle participants on the end line must attempt to run, dodge and weave through the grid avoiding the footballs on the way through. The second group of participants who are split across both sides of the grid have a football each, they must attempt to roll or throw the football across the grid trying to hit one of the participants running through. Alternate roles so both teams get the opportunity to run and throw. Progression Progress to handballing instead of rolling or throwing. If participants get hit by a ball they take a spot on the outside of the grid with a ball and attempt to roll or throw the ball towards the remaining participants.		Cones Footballs Soft Balls	Dodge and weave through the grid Roll the ball along the ground

LESSON THREE

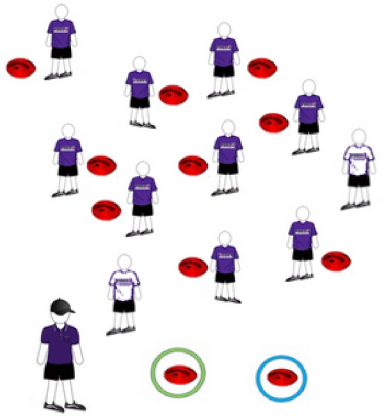
FOCUS: AGILITY & KICKING SKILLS

Agility is the ability to dodge and weave through obstacles by changing direction quickly and effectively. It requires good movement skills, coordination and control.
Agility helps Brandon Walker sell a dummy to his opponent and kick the ball forward to the lead of Michael Walters!
In today's session we will focus on developing agility skills while also practicing our movement and coordination skills and having some fun with the footy.

ACTIVITY OVERVIEW

WARM UP	ACTIVITY 1	ACTIVITY 2	ACTIVITY 3	ACTIVITY 4
Collect The Footys	Whirlpool	Escape The Chaos	Shrinking Goals	Hit the Stick
EQUIPMENT				
Cones, Footballs, Hoops	Cones, Footballs	Cones, Footballs	Cones, Footballs, Agility Poles	Cones, Footballs, Agility Poles

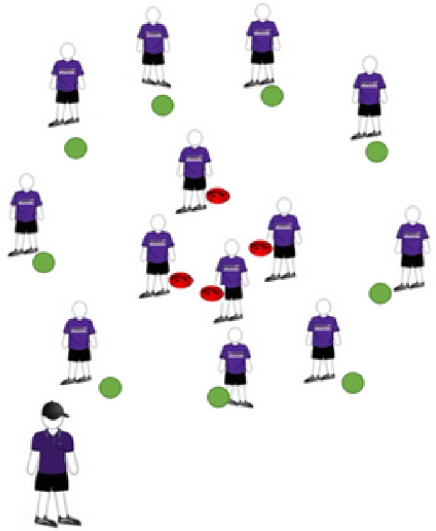
COLLECT THE FOOTY'S

Warm Up	Diagram	Equipment	Coaching Points
Introduction Participants spread out inside the grid with a football each and must listen to the coaches instructions. Three participants will be taggers who will wear a bib and attempt to collect as many footballs as possible. Activity Participants run around the grid trying not to get caught by the taggers. If they are caught they must hand over their footy to the tagger and run to the coach on the outside of the grid to collect a new one. The tagger is trying to collect as many footballs as they can, but must place the footy in their hoop before reentering the grid to try collect another one. Taggers are racing each other to see who can collect the most footballs. Progression Can adapt to collect the cones instead of footballs when you run out of footballs.		Cones Bibs Hoops Footballs	Dodge and weave through the grid to avoid the taggers

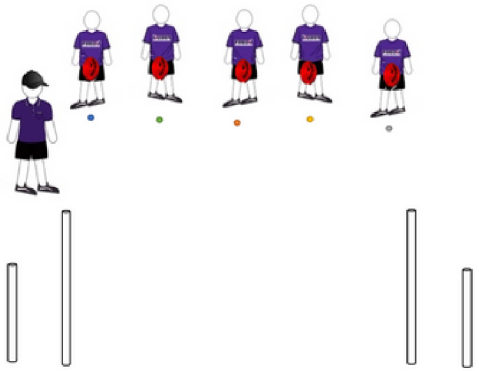
WHIRLPOOL

Activity 1	Diagram	Equipment	Coaching Points
Introduction Participants pair up with one partner inside the circle and the other on the outside. Activity Participants on the outside of the circle will slowly begin walking in a clockwise direction, while participants on the inside of the circle will begin walking in an anti clockwise direction. Participants will follow the directions of the coach to change up the movements from walking to jogging, high knees, side to side etc. When the coach blows the whistle, they must find their partner as quickly as possible and do a challenge e.g high five partner and sit down, sit back to back, link arms, feet together etc. Progression Can progress to include footballs so on the whistle participants must find their partner and roll / throw / handball a specific number of times depending on ability.		Footballs Cones	Look around you and make sure to avoid bumping into other students Keep your eyes on the ball for football challenges

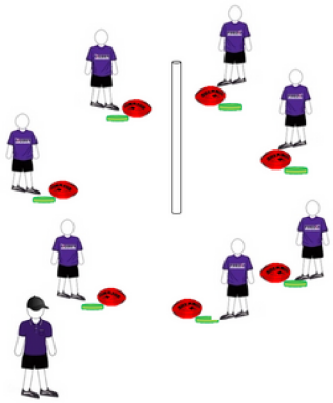
ESCAPE THE CHAOS

Activity 2	Diagram	Equipment	Coaching Points
Introduction Participants have a football between two and must follow the coaches instructions to practice their handball skills. Activity Begin with most of the participants without on the cones on the outside of the circle, while 5/6 will begin with a ball will begin in the middle of the circle. Participants in the middle will attempt to '***escape the chaos***' by rolling, throwing or handballing to someone on the outside of the circle. When they pass the ball to the outside they will steal the cone and the person who has received the ball must move into the middle of the circle. Participants continue to move in and out of the circle by passing the ball to a person on the outside and attempt to have a spot on the outside of the circle by the time the whistle blows. Progression Can adapt or progress from throwing the ball to handballing depending on ability. Can add challenges or activities for participants who end up stuck in the middle after each round for example high knees, jumping jacks, push ups etc.		Footballs Cones	Surfboard stance; one leg in front of the other Elephant trunk; long still platform arm to rest the ball on before striking Ice cream cone; make a fist with your striking hand just like you are holding an ice cream Make sure the laces are pointing towards the sky Eyes on the football No 11 with arms when chest marking

SHRINKING GOALS

Activity 3	Diagram	Equipment	Coaching Points
Introduction Participants line up in teams behind each of the different coloured cones. Aim is to score as many goals as possible before the goals begin to shrink.		Cones Agility Pole Footballs	Hold the ball in both hands over your kicking leg Keep arms nice and straight with laces of the ball pointing towards the target Guide the ball down onto your foot with your preferred hand Step, Drop, Kick Swing through your leg in a straight line Point your toe towards the goals
Activity Participants follow the instructions of the coach, lining up behind one of the different coloured cones facing the goals. Participants will follow the coaches instructions using step, drop and kick coaching cues. When the coach says **'go'** all participants will have a go at kicking their ball towards the goals aiming to score a goal for their team. After each group has kicked the goals will move in to become smaller and smaller shrinking to make it more and more difficult to score a goal.			
Progression Can adapt to kicking from the ground if necessary with PP students. Adjust distance as necessary for students.			

HIT THE STICK

Activity 4	Diagram	Equipment	Coaching Points
Introduction Participants find a spot outside the circle with a football. The aim of this activity is to try to kick the football to hit the agility pole in the middle. Activity Participants follow the instructions of the coach, lining up around the outside of the circle with their football facing into the middle where the agility pole is set up. Participants will follow the coaches instructions using step, drop and kick coaching cues. When the coach says **'go'** all participants will have a go at kicking their ball towards the middle of the circle and aiming to hit the pole. Once everyone has had a kick the coach will call 'fetch your footy' and participants will find a new football to have another go. Progression Can adapt to kicking from the ground if necessary with PP students. Adjust distance as necessary for students.		Cones Agility Pole Footballs	Hold the ball in both hands over your kicking leg Keep arms nice and straight with laces of the ball pointing towards the target Guide the ball down onto your foot with your preferred hand Step, Drop, Kick Swing through your leg in a straight line Point your toe towards the goals

BONUS ACTIVITIES

FOCUS: MOVEMENT, COORDINATION & AGILITY

These bonus activities are designed to practice movement, coordination and agility skills and can be used to supplement lessons or as part of an extra session. Each activity is primarily designed to assist in the development of fundamental movement skills, however many of the activities also incorporate or can incorporate a football so they can also be used to help improve and develop footy skills.

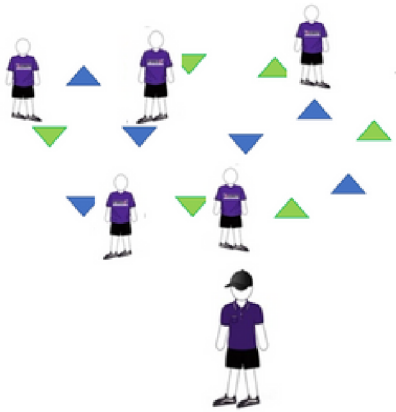
ACTIVITY OVERVIEW

ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY	ACTIVITY
Lifesaver Tag	Domes and Saucers	Football Relays	Coin Collectors	Flag Relay	Cars and Tunnels	Clear The Backyard
EQUIPMENT						
Cones, Footballs, Hoops	Cones	Cones, Footballs	Cones, Footballs, Agility Poles	Cones, Footballs, Hoops	Cones, Footballs	Cones, Footballs

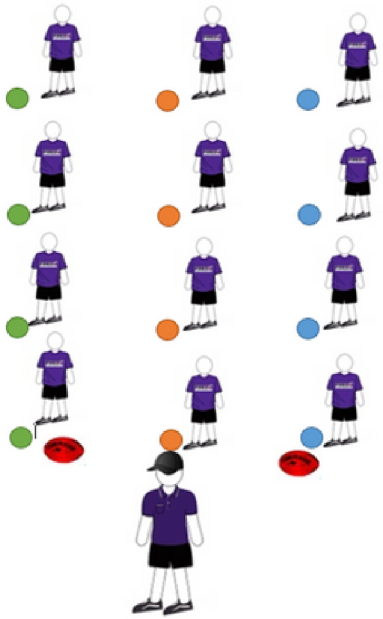
LIFESAVER TAG

Activity	Diagram	Equipment	Coaching Points
Introduction Participants spread out inside the grid and must listen to the coaches instructions. Two participants will be taggers who will wear a bib, two participants will be lifesavers who will carry a hoop. Activity Participants run around the grid trying not to get caught by the taggers. If they are caught they must freeze on the spot and wait for a lifesaver to set them free. Lifesavers can set them free by placing the hoop over the participants head and move it down their body to the ground. Progression Change rules so the freed participant becomes the lifesaver once they are rescued. Change how the participant gets rescued by swapping out the hoop for a football, the lifesaver will roll, throw or handball to the tagged participant in order to rescue them.		Cones Bibs Hoops Footballs	Dodge and weave through the grid to avoid the taggers Use the number 11 to help catch the ball

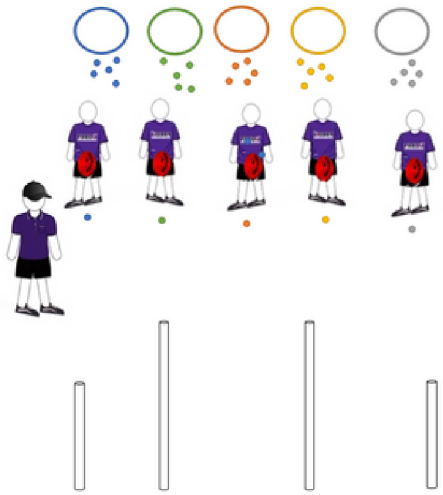
DOMES AND SAUCERS

Activity	Diagram	Equipment	Coaching Points
Introduction		Cones	Dodge and weave through the grid making sure to avoid bumping into other participants Jump high in the air like a kangaroo Move side to side like a crab
Participants spread out inside the grid and must listen to the coaches instructions. Half the group will be on team 'Domes' while the other half will be on team 'Saucers'.			
Activity			
Participants run around the grid trying to get as many cones to look like domes (The right way around) or saucers (upside down) depending on what team they are on. The team with the most domes or saucers at the end of each round is the winner. Change up movements throughout and add challenges such as jumping/ hopping over the cone before you flip it etc.			
Progression			
Change ways of moving around the grid, participants must jump from cone to cone, participants can only move backwards, participants must move sideways like a crab etc.			

FOOTY RELAYS

Activity	Diagram	Equipment	Coaching Points
Introduction		Cones, Footballs	Eyes on the ball Number 11 with your arms for chest mark
Participants line up one behind another on cones facing the coach with a football at the front of the line. Aim is to pass the ball as quickly as possible from one end of the line to the other.			
Activity			
The first person in each group will begin with a ball, they must pass the ball to the second in line, third in line and so on until the ball reaches the end of the line. Coach can vary the ways in which the ball is passed along roll, throw, over / under, handball etc.			
Progression			
Progress to increase the number of footballs involved e.g. pass six footballs from the front to the back. Add different challenges such as tunnel ball, handball relays etc.			

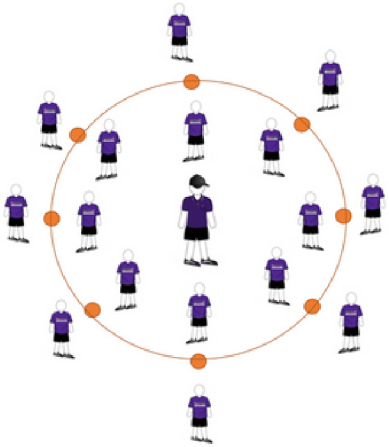
COIN COLLECTORS

Activity	Diagram	Equipment	Coaching Points
Introduction Participants line up in teams behind each of the different coloured cones. Aim is to score as many goals as possible with teams collecting a coin (cone) for every goal they kick. Activity Participants follow the instructions of the coach, lining up behind one of the different coloured cones facing the goals. Participants will follow the coaches instructions using step, drop and kick coaching cues. When the coach says **'go'** all participants will have a go at kicking their ball towards the goals aiming to score a goal for their team. If they are successful in scoring a goal they will run and collect a coin (cone) and place it in their team hoop, if not they will join the back of the line and have another go to try and score. Progression Can adapt to kicking from the ground if necessary with PP students. Adapt distance as necessary for students, can alter size of the goals if using agility poles also.		Cones Agility Pole Footballs Hoops	Hold the ball in both hands over your kicking leg Keep arms nice and straight with laces of the ball pointing towards the target Guide the ball down onto your foot with your preferred hand Step, Drop, Kick Swing through your leg in a straight line Point your toe towards the goals

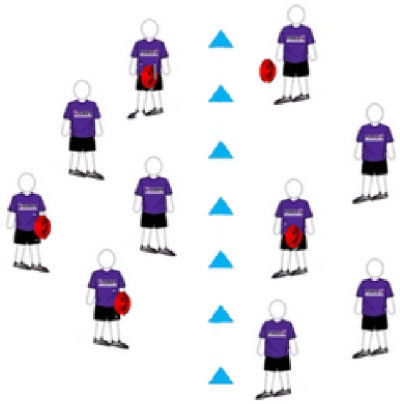
FLAG RELAY

Activity	Diagram	Equipment	Coaching Points
Introduction Participants line up one behind another in teams behind each of the cones. In front of each team will be a row of footballs which they must collect as quickly as possible. Footballs can be placed in hoops as per diagram or on cones. Activity One participant from each team will go at a time, running out from their starting cone to collect the football closest to them. Participants can only collect one football at a time and once they bring the football back to their starting position the next person in line can go. Teams will continue the relay until all the footballs have been retrieved. Once all the footballs have been retrieved teams will race each other to see who can return all the footballs to their starting positions as quickly as possible. Progression Progress so participants must pass the ball using either a roll, throw or handball to the person at the front of the line before they can run to retrieve the next ball.		Cones Hoops Footballs	Bend down nice and low to pick up the ball, just like a groundball in footy! Make sure you are nice and close to your teammate before you pass the ball back using either your throw or handball Use your Number 11 catching arms to take a chest mark

CARS AND TUNNELS

Activity	Diagram	Equipment	Coaching Points
Introduction Participants line up with a partner, one person sitting alongside a cone, the second standing up behind them. Coach explains that participants who are sitting down are 'Cars' and those standing are 'Tunnels'. Activity Each round the coach will call either **'cars'** or **'tunnels'**. If the coach calls cars, the cars must stand up and run around the outside of the circle until they get back to their starting spot, they must then crawl through their partners legs to sit down alongside their cone. If the coach calls tunnels the tunnels must run around the outside of the circle as fast as they can to return to their spot. Progression Coach can vary types of movement around the circle, jumping, hopping, side to side, backwards etc. Coach can incorporate a football, getting students to pass the ball between pairs using roll, throw or handball before calling either cars or tunnels.		Cones Footballs	Make sure to look out for other participants while you are running Keep your eyes on the ball Use your Number 11 catching arms for chest marks

CLEAR THE BACKYARD

Activity	Diagram	Equipment	Coaching Points
Introduction		Cones Footballs	Make sure to look out for other participants while you are running, handballing or kicking Keep your eyes on the ball when handballing and kicking For kicking remember 'Step, Drop, Kick' For handballing remember 'Surfboard stance, elephant trunk and ice cream cone'
Participants are divided into two teams either side of the grid. Footballs are equally spread across both sides. Participants must attempt to get as many of the footballs over to the other side of the grid as possible.			
Activity			
Participants must use either a roll, throw or handball to pass the football from their side of the grid to the opposite side of the grid. Both teams will be working at the same time to clean their side of the grid by passing as many footballs as possible to the other side. Can adapt to involve kicking also by setting up a safe zone 3m each side of the halfway line to prevent students getting hit by the ball with kicks from the other side.			
Progression			
Progress to only allowing handball or kicking to get the ball out of the grid.			