

Welcome to Marist JFC Auskick program for 2019!

Below is some general information and FAQ's that may assist if this is your first year or if you are returning to the program.

- **How do I register?**

You can register by going to <http://www.aflauskick.com.au/> and completing the following:

1. Click Register
2. Enter the postcode 6014
3. Select 'Marist JFC Auskick Centre'
4. Click 'Player Registration' and it should take you to the form

The registration fee is \$190 and is payable at registration.

If you have any issues with registration, please email marist.auskickreggo@gmail.com

All registrations received by **Friday 15 February 2019**, will go into a draw to win one of 10 fantastic prizes. The prizes are as follows:

- 1st Prize - Mindarie pack, valued at \$500 (see flyer attached)
- 2nd Prize - Free Registration
- 3rd Prize - Marist pack \$120
- 4th Prize - Marist pack \$100
- 5th Prize - Premier Size 5 Football
- 6th Prize - Marist pack \$80
- 7th Prize - Marist pack \$60
- 8th Prize - Marist pack \$50
- 9th Prize - Marist pack \$40
- 10th Prize - Marist pack \$30

- **How do I receive my AFL Auskick pack?**

The AFL will mail this directly to your registered address. The Auskick pack typically includes a backpack and football along with some other goodies for the kids.

In addition to this, the club will provide a Marist T-shirt. This will be handed out on the first day.

- **What do I need to purchase?**

You will need to purchase football boots, Marist football shorts & socks. We are anticipating having all these items available at the club's open day which is scheduled for **Sunday 10th March 2019**. Details are still being finalised and you will receive separate correspondence to confirm how these items can be purchased.

The club will supply a jumper for the season.

Mouthguards are not compulsory for Auskick.

- **When does the season start?**

Sunday 28th April 2019. A full fixture will be released ahead of the season.

Please note we play on Sunday mornings. The exception is Mother's Day. For that week, there is a Friday night game with the kids having the opportunity to play under lights.

- **What are the playing times?**

- Pre-Primary and Year 1's: 9:00am to 10:15am
- Year's 2: 10:30am to 11:45am

- **As a parent, how can I contribute to the Auskick program?**

Parent participation is a vital part of the Auskick program and a key to its success.

As part of the registration process, you will be asked whether you can assist with the following:

1. Activity Helper (Coach or Assistant Coach - this can be confirmed later)
2. Administration (Team Manager)
3. Off field support
4. First Aid Officer (we welcome any volunteers!)
5. No Way

If you are unable to fulfil any of these roles, we actively encourage parents to assist the coaches with training which is structured to maximise parent participation.

We also require parents to join the Auskick committee. You don't need to have any background in football, just a sense of fun and enthusiasm that will help make Auskick an awesome experience for the players.

If you are interested in joining the committee or nominating to be a coach or manager, please contact auskick@maristjfc.com.au

- **Changes to the Auskick Program**

The AFL has introduced some changes to the Auskick program to ensure that kids are actively involved and having fun. The changes also allow for increased interaction between parents and children.

A summary of the changes has been provided as part of this information pack. Further changes will be released closer to the start of the season.

If you have any questions, please do not hesitate to contact me!

Josh Murphy
Auskick Coordinator
auskick@maristfc.com.au

Auskick 2.0

The aim of Auskick is to ensure participants receive the best introduction to Australian Football, develop an ongoing passion and of course, have fun!

Auskick 2.0 has been developed with the support of industry experts across coaching, childhood development and education, as well as Auskick coaches, parents and participants. The key concepts of the program are mandatory and the program is being rolled out across all Auskick centres.

Below is an outline of the Auskick program for 2019:

Teams

There will be no change to prior years. Prior to the season each child will be allocated to a team and they will remain part of that team for the season.

Each team will have approximately the same numbers.

Session Structure

As was the case in prior years, the Auskick session will consist of:

- a. Skills/Training session
- b. Game

Skills/Training Session - (4 activities x 10 minute per activity)

In prior years, each coach was responsible developing a coaching plan and training their team.

The new program is focussed on:

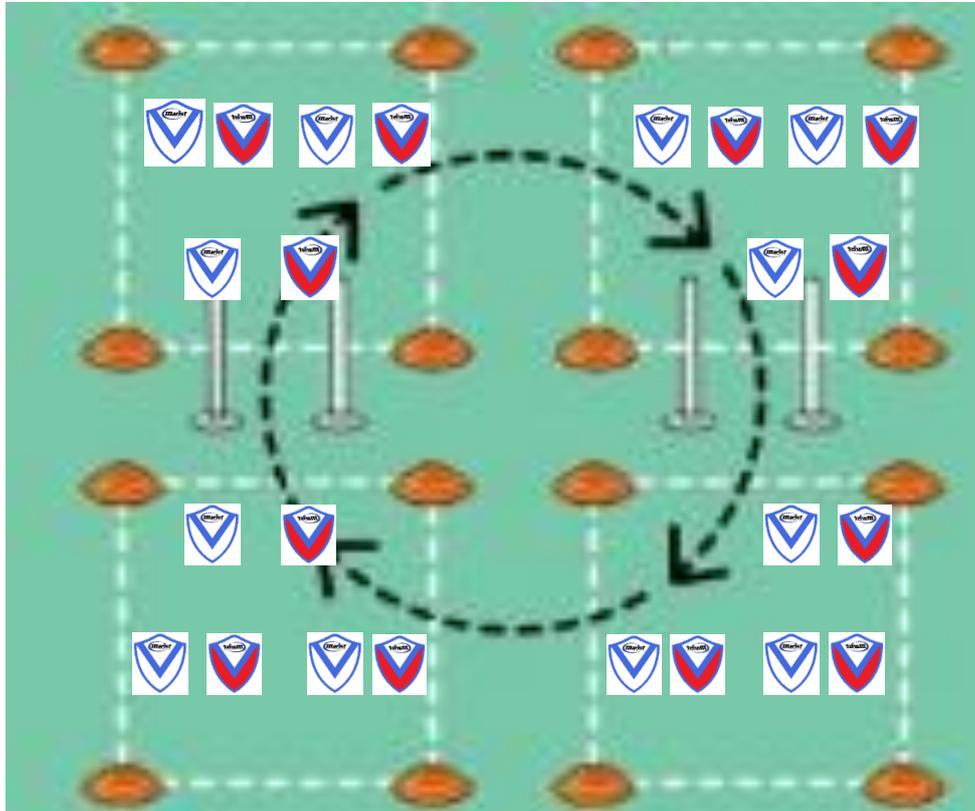
- Creating smaller groups to ensure more engagement and receive more one-on-one attention from coaches.
- Playing with a smaller defined set-up with easy to run 'game based' activities.

A standardised training program has been introduced which features 4 activities to be run each week in a 'grid' style format.

Each week two teams will train together. At the start of the session, the two coaches will bring together the teams for a short introduction on each activity and then split the group into equal numbers (eg 4-6 per activity). Each coach will be responsible for managing two activities which reduces the workload on coaches who previously had to prepare 4-5 activities per week.

Each activity will go for 10 minutes and players will rotate between each activity.

An example of the 'grid' set-up involving PP White and PP Red is as follows:



After each 10 minute block, the coach will blow their whistle and players will rotate to a new activity. Parents would be expected to assist the coaches with managing the training activities.

Game - Approx 24 minutes (3 x 8 minute periods)

Auskickers will play with the team they were allocated to at the start of the year.

In prior years, PP-Yr 2 all played on the same size field with each team splitting their players into three designated zones. This often resulted in players standing in their zone for extended periods and not seeing the ball.

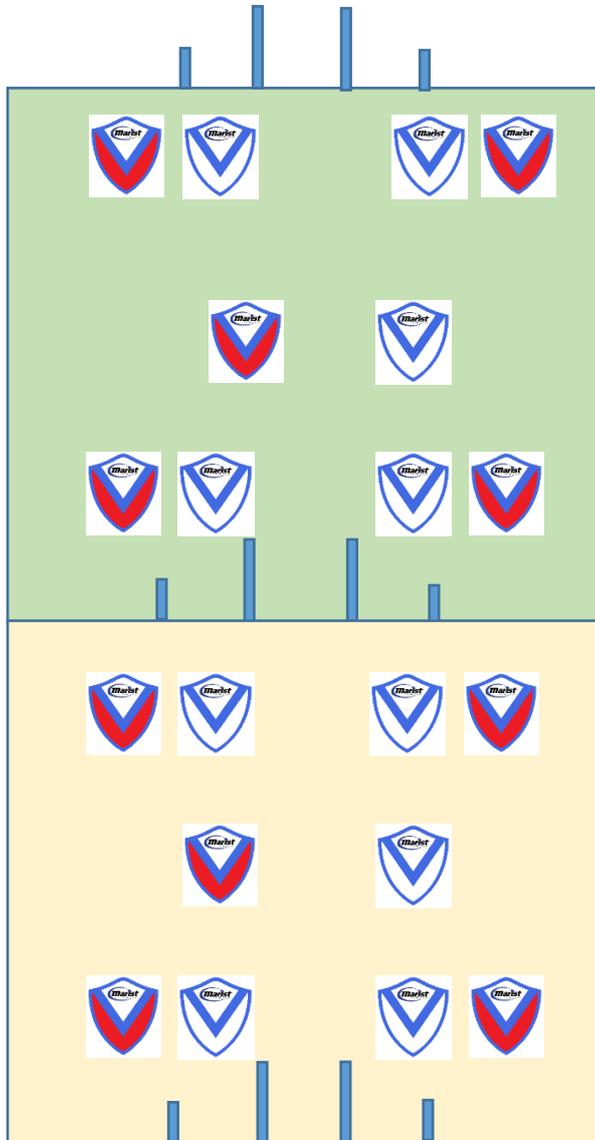
While many of the Auskick rules will remain, the following table summarises the key changes:

PP-Yr 1

- The size of the field will be halved.
- No zones.
- Rather than splitting the team into three groups and allocating to a zone, the coach will split their team into two smaller teams. Each smaller team will play another team of the same size (eg 5 vs 5). The two games will run at the same time
- An example of the game layout is included at Appendix A

Yr 2

- Yr 2's will play on a full size Auskick field.
- No zones.
- Depending on overall numbers, the coach will split their team into two smaller teams (eg 5 vs 5) who will play another team of the same size.
- To prepare for junior footy, some further modifications may be introduced for the final few games of the season.



APPENDIX A: EXAMPLE OF GAME – PP WHITE VS PP RED

- PP Red Coach and PP White Coach split team into two sides
- Each side plays on half the field and share the middle goals
- Both games will play at the same time.
- Each coach will umpire a game
- There are no zones to restrict player movement
- Each week the coach can mix up their sides so all members play together
- Focus on ensuring all players touch the footy