

Warm Up Activity - #17 / Aussie Rules

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 25m x 25m.
- Arrange your players into two teams.
- The players must make volley and catch passing movements.
- The aim is to get down the field and knock a ball off the opponents' cones.
- The player in possession of the ball must not move.
- The other players in the team must make supporting runs and movements to receive the ball.
- The game is played for a set time or until one team, has knocked off all their opponents balls.

Coaching Remarks

- Encourage players to move off the ball to receive a pass.
- Encourage player to keep the ball moving.
- Encourage players to communicate.

Diagram

