



# FOOTY 9s



## Session 1

During this session, children will develop the skill of handballing in a controlled environment. This is one of the basic skills of Footy 9s. **Teaching points** for children will include supporting the ball with the platform hand, making a clenched fist with the striking hand, standing side-on, stepping forward onto front foot and catching the fist on striking the ball.

## HANDBALL

### FOR THIS SESSION YOU WILL NEED

Time (60 minutes), Footballs x 15, Markers x 15, Whistles x 1

### WARM-UP

Time (10 minutes), Warm-up Area (4m x 10m), Markers x 4, Whistles x 1

#### RUCKS & ROVERS

Children are divided into 2 lines, Rucks & Rovers, facing the teacher/coach. When teacher/coach calls Rucks, the Rucks must run past a marker positioned 10 metres away before the other team (Rovers) can tag them. If Rover is called, Ruck must tag. Throw in a few Rabbits, Robots etc. to see if they are concentrating.

#### STUCK IN THE MUD

Each child carries a ball except for three players who are "It". When child is tagged, they must stand with the ball on their head, legs apart. To free other players, children must ROLL the ball through their friend's legs and re-gather their own ball.

### HANDBALLING

Time (30 minutes), Footballs x 15, Cones x 30, Whistles x 1

Use cones to create railway track formation, so children are lined up behind cones, facing each other.

#### HANDBALL

Children work with a partner standing two metres apart. Ball is handballed from one partner to another. Practice on both sides of the body, left hand and right hand.

#### Teaching Points

1. The ball must be placed on the platform hand, for a right handed handball the left foot is forward, and vice versa for a left-handed handball.
2. Placing the thumb on the outside - like holding an ice-cream - forms a punching fist or 'ice-cream fist'.
3. After contact is made with the ball, the fist remains on the platform hand - catch your fist.

#### SKILL GAME - Quick Hands

Children stay in the same groups. See which group can do the most handballs in one minute. Emphasise that in order to win they will need to do two things well - Number 1 is step forward and Number 2 is catch your fist.

#### SKILL GAME - Safe Hands

Children stay in the same group. As above, see which group can do the most handballs in one minute. But this time there's an added twist - if a group drops their ball, their score goes back to zero. Again, emphasise step forward and catch your fist.

### GAME TIME

Time (20 minutes), Footballs x 1, Markers x 4, Whistles x 1

#### HANDBALL GAME

Play a game, no kicking. The ball is moved around the field using handball, and goals are scored by handballing the ball into the goals. If there are no goals, use markers at each end as a substitute.