



# FOOTY 9s



## Session 5

During this session, children will have the opportunity to play a full match of Footy 9s, putting what they have learnt into practise. It is very important that all of the children get to touch the football and have fun, so don't be afraid to invent a few free kicks to bring some children into the game.

## GAME DAY

### FOR THIS SESSION YOU WILL NEED

Time (60 minutes), Footballs x 1, Jumpers or Bibs x 30 (15 of each colour), Whistles x 1

### GAME DAY

Get there early and set up before the children come out, as this will save valuable time.

#### Introduction

Explain the rules of Footy 9s.

#### Teams

Two teams are formed by dividing the children into two groups. Give both teams a name according to their jumpers or colour of their bibs.

#### Field

Footy 9s matches are played on a standard American Football field, using the existing posts and field markings. Divide each team into three equal groups: Forwards / Centres / Backs. Match the skill levels of children in each group to ensure maximum participation.

#### Start of play and after a goal

A jump ball is conducted between two centre players of equal size nominated by the umpire (rotate players each time).

#### Out of bounds

A free kick is awarded against the team that last touched the ball before going out of bounds.

#### Bouncing the ball

Only one bounce is permitted.

#### Marking

A mark (catch) is awarded when a player catches the ball from a kick, no matter how far the ball travels.

#### Kicking off the ground

Not permitted except accidental.

#### Contact

No tackling under any circumstances! No contact is permitted except:

- (a) Accidental bumping approaching the ball.
- (b) Stealing the ball.
- (c) Tagging (touching) the player with the ball.

Players in possession cannot barge through opponents blocking their path. They must evade.

#### Possession

Once a player in possession of the ball is tagged they have a maximum of 3 seconds to kick or handball the ball to a team-mate. If they don't dispose of the ball within that time a free kick is awarded to the other team.

### POST GAME

Get the children to shake their opponent's hands and give 3 cheers for the other team.

Ask them if they enjoyed playing Footy 9s!