

nab AFL Auskick FUN!

the 10 things girls want parents and coaches to know

Girls are more likely to stay involved in sport if they receive quality coaching and have supportive parents. It is crucial for the adults involved in girls' sport to understand what they like and what they want from the coach and their AFL experience. Read what they have to say!

AFL play.afl



fun means

- Feeling connected to teammates and coach

Idea: Let players create team name!

- No waiting time during drills and games

Idea: Use lots of balls and small groups!

- Celebrating efforts, not just being the 'best'



FOUR female role models

Local league or AFLW players show us how to be powerful and confident



8 not all the rules, yet!

They can come later – let's learn the game through **FUN** games and play!



NINE

decision making

Children today learn best by being part of the decision making. If players can't figure out how to do things for themselves, they will not know how to problem solve during a game.



TWO why we love hanging with the girls

- Feel safer
- Less competitive compared to boys
- Worry less about their footy skills
- Feel more positive and boosts our confidence



5 music

Introduce **singing, dancing** and **moving** into our training!



ambition

Ask what **WE** want from our sport!



skills

Encourage us to **run faster, jump higher, hit targets** and **improve**.

Start small with a **ROUND BALL** and build up to **AFL BALL***

* See Female Club Guide for specific program tips



small-sided games

We want activity, problem solving and to play with the footy!



remember – NAB AFL Auskick is all about girls having fun!

