

Coaches and parents This is OUR game so we want to **HAVE FUN!**

Fun to us means

Our team is made up of a broad range of players – some come from Auskick, some from other sports, others from different cultures. These FAST FACTS will help our coaches cater for all skill levels and interests so each player feels included and improves. Use it with the AFL Female Club Guide.



ONE

Feeling connected to teammates and the coach

- 1 In a mixed-gender team make sure we're included and keep communication positive

Idea: Buddy up a beginner with an experienced player

- 2 Ask us what WE want from our AFL experience

Idea: Make individual player and team goals together

- 3 Expose us to strong and confident female role models from local leagues or AFLW

Idea: Get female role models to take a training session or run a clinic

- 4 Introduce music into our warm-up or cool-down!



2

Socialising

- 1 Give us time to "chat" at training. We love to socialise and have fun

Idea: Set aside times to let players talk and have a laugh

- 2 We feel more confident and worry less about our football when we're hanging with girls

Idea: In mixed-gender teams, help us recruit more girls or sometimes let us train in an all-girls group



Learning AFL Skills

- 1 We've played other sports so use them to help us learn AFL

Idea: Marking a football is similar to catching a netball – soft hands, spread the fingers and keep your eye on the ball

- 2 We need to feel like we're improving

Idea: Set goals like taking 2 marks a game so we can track improvement

- 3 We love the physical aspects of footy so, if the rules allow, teach how to tackle and receive a bump or tackle safely

Idea: Make tackling and bumping part of every training

- 4 We understand new football terms if we are shown the game context

Idea: Use whiteboards, game vision and carpet ovals to show us positions



3

- 1 There's a range of skill levels in our team so reward our effort rather than 'being the best'.

Idea: Point out players who give their best efforts, train regularly and listen

- 2 Being part of the decision-making will help us learn best

Idea: Give us small-sided games such as 3 attackers on 2 defenders so we problem-solve how best to move the ball

FOUR

Help us to get fit

- 1 Keep us moving during training

Idea: Use lots of balls and limit waiting time

- 2 Encourage us to run faster, jump higher and dodge around opponents

Idea: Teach running techniques to get faster, how to jump off one leg, kicking with our non-preferred foot and how to power away from an opponent

- 3 Build our core and upper body so we improve our strength

Idea: Include FootyFIRST in every training session to prevent injury and get us strong



Male coaches of junior girls need to develop a protocol around changerooms

Idea: Give the players 15 minutes to get organised before addressing them in the changerooms

For more information use the AFL Female Club Guide

REMEMBER – junior footy is all about girls having fun!