

**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 NAB AFL 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, makesure 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!



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 two 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
- 5 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
- 6 Being part of the decision-making will help us learn best
Idea: Give us small-sided games such as three attackers on two defenders so we problem-solve how best to move the ball



Socialising



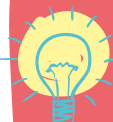
- 1 Give us time to "chat" at training. We love to socialise and have fun
Idea: Set aside times to let players talk and have a laugh
- 2 We feel more confident and worry less about our football when we're hanging with girls
Idea: In mixed-gender teams, help us recruit more girls or sometimes let us train in an all-girls group



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 make us stronger



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!