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Secondary School – History, Format and Objectives

History Australian Rules Football was invented in Melbourne in 1858. Its original purpose was to keep cricketers fit in the off-season and the inventors wanted a game that was much less rough than rugby. Partially derived from a game the local Aborigines played, Australian Football has developed into an exciting, fast paced and free flowing game where the ball transitions quickly from player to player and up and down the ground.

Australian Football has no off-side rule and consequently players are spread evenly over the entire field. There is also no turnover rule, so the ball is almost always live. The ball is the focus of the game. Player's intent must always be for the ball.

Australian sporting culture is much more community based than the school based system of the US. Students play sport at school but they also play for a local community club of a weekend and this team generally holds higher regard. There is a multi-million dollar, 17 team (18 in 2012) national competition but there are also many community leagues of varying standards where even the complete novice can get a game. Players play as amateurs or semi-professional and many play well into their thirties.

For more information on the history of Australian Football, please visit www.afl.com.au

Objectives

The object of these lesson plans is to introduce US students to the game of Australian Football in a sequential, easy to learn and enjoyable fashion. Students will learn the skills, rules and basic strategies of the game, while also being educated on a large part of the Australian culture. Benefits to students will include improvement in the following areas:

- Team work
- Coordination and motor skills
- Communication
- Organizational Skills
- Cardio-vascular fitness
- Decision making
- Mathematics
- Great invasion game
- Punting & kicking

Format

As Australian Football has a diverse range of skills, each lesson plan is designed around a particular skill. Instruction and practice of the skill is performed and then a modified version of the game is played. The first game is played at its most basic and additional skills, rules and strategies are introduced in subsequent lessons in a way designed to educate your students on the basic fundamentals of the game.