



Ausball – www.ausball.com
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Introductory Lesson – Secondary school

Objective; It is crucial that students get a basic idea of what the game of Ausball is about in this first lesson and why we recommend it finish with a short, modified game. The two main skills of handball & kicking are given a quick overview & practice – these will take some time to master anyway and it is the game that is the “hook” that will have your students eager for their next PE lesson, while giving them a great cardiovascular workout.

Handball - 10min [Also refer to instructional DVD.](#)

- Demonstrate handball skill
- Handball is like an underarm volleyball serve.
- Breakdown and show
- Show how to make a punching fist with thumb on outside. Show that ball should be punched with “v” of index finger and not the knuckles, base of thumb area or lower wrist. Punching off these areas can sting!
- Hold ball in palm of hand at hip height side on to target.
- Emphasize the ball must be punched out of the palm of the hand and the ball not thrown up and punched. Basically, the fist replaces the ball and is caught in the palm of the hand that was holding the ball. This provides a stationary target when you go to punch the ball, making it a lot easier to connect with the ball where you want to (on its end).
- Show how to step forward with opposite leg while striking the ball on the end with punching fist
- Show how to catch fist in cradling hand after punching the ball.
- Break students up into pairs with 1 ball between 2 to practice.

Walk around encouraging and correcting technical errors of students

Drop Punt 10 mins [Also refer to instructional DVD](#)

Show drop punt, highlighting how ball spins end to end and cuts through breeze, making it more accurate. Emphasize how our game is about kicking it to your teammate and making it easy for him to catch. This is our main way of passing the ball. We’re not looking for any hang time & even distance is not as important as accuracy.

Ball should be held vertically with fingers spread evenly across sides of the ball. Thumbs should be above top lace and ring finger running down side seam. All other fingers spread evenly apart.

Ball should be held over kicking foot, shoulders and arms relaxed.

Take a couple of steps and ball should be released from guiding hand close to foot. Do not throw up and try to kick.

Ball should be kicked on its end with a pointed toe towards your target. Follow through with toe pointing at your target. Emphasize holding hands low and dropping ball close to foot. Players should be in two lines, kicking backwards and forwards to each other so all balls are going in the same direction, not all over the place. Walk around correcting faults.

Tip – if pressed for time, walk down the line handing out pennies while students are practicing their kicking in preparation for the game

Ausball Game - remainder of lesson [Also refer to instructional DVD](#)

Crucial points

1. There is no offside rule - players are spread evenly over the entire field



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2. There is no turnover rule. If a player drops a catch, they can pick the ball up & the game continues.

Divide students into evenly matched teams. Field length should be about 4 long kicks for average student. Separate equally into Defense, Midfield, and Offense. Rotate students through positions if possible.

Tip; a good time to do this is after a goal has been scored & you are coming back to the center to restart the game.

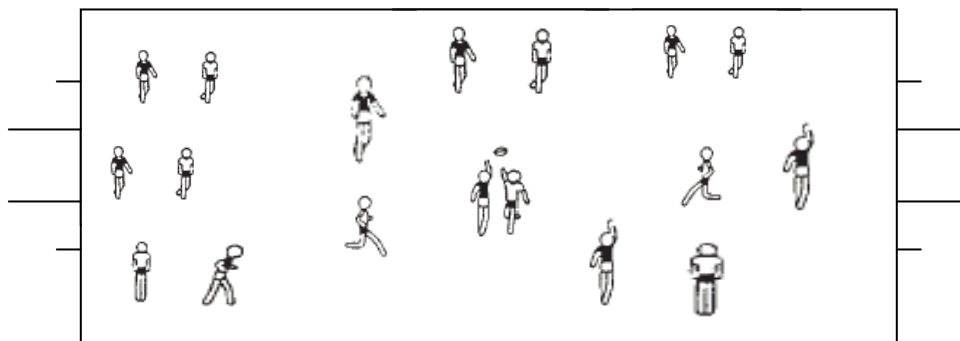
Main Rules: No tackling, when player puts two hands on ball, everyone else to give 3' buffer zone to allow them room to execute one of the skills of handballing or kicking. Give ball carrier 3 seconds to dispose of ball. Encourage sharing of ball and teamwork. The exception to the 3 second rule is when they catch a kick – this means they have now earned a “free” where they can take as long as they like (within reason) to line up a teammate or have a shot at goal. If they decide to “play on”, and run off, they then must dispose of the within 3 seconds.

Tip; most students will instinctively run off after taking a catch. A good rule of thumb is, if when taking a catch (called a mark) there are opposition players are near you, stop & take your free kick or handball. If the catch is taken in the open, play on & keep on running.

Do not allow kicking off ground or players to dive or slide onto ball. They must pick it up while still on their feet. (This is a safety rule)

If ball goes out of bounds, a free kick is paid against the last team to touch the ball.

Game starts with a ball up (same as a tip off in basketball) in the center of the ground After goals are scored the ball is also brought back to the middle & restarts with a ball up. After a behind is scored, the opposition kick the ball back in from a ten yard box in front of the goal. Change directions at half time.



Scoring: Ball must be kicked between large posts at end of ground – Goal = 6 points.

If ball is touched or passes between large post and small post – Behind = 1 point.

Sample score: Team A – 6. (goals) 3. (behinds) = 39 points Vs. Team B – 4. 5. = 29