

NAB AFL Superkick is about the growth, development and confidence of the participants that play, but most of all it's about having fun.

The Superkick environment encourages lots of touches with skill-based activities before putting them into action through tackle-free match play on smaller fields and teams.

TOPIC	EXPLANATION
Positive Coaching	<p>As a Superkick volunteer, your role is to facilitate the best possible experience for participants, through positive teaching, focused on fun and enjoyment.</p> <p>Tip: Players should feel they have improved their skills/abilities and are excited to return each week.</p>
Plan With Purpose	<p>All sessions should be planned with the following in mind:</p> <p>Organised – Session plan, purpose and context for every activity</p> <p>Environment – Enough space, small groups, the right equipment</p> <p>Engaging – Maximum touches of the ball for all players, every session</p> <p>Fun – Lots of games and movement (no long queues etc.)</p> <p>Tip: You should communicate the purpose of each activity so that players can relate it to playing a game of footy.</p>
Group Management and Effective Communication	<p>Be an effective communicator and see your engagement levels rise!</p> <p>Tips:</p> <ul style="list-style-type: none">• Face the group away from distractions• A simple semi-circle pattern is very effective• Make eye contact - this means sunglasses are off• Speak clearly for all to hear• Focus on 'what to do', rather than 'what not to do'• Highlight main points of the activity (2-3 points only)• Provide specific feedback in small doses
Questions and Inclusive Language	<p>Questions are a key element of a game-sense approach. 'How can you get more kicks? What can you do to move the ball more quickly?'</p> <p>Tip: All speech should include inclusive language – avoiding gendered language i.e 'guys', referring to parents as 'mums and dads'.</p>
Parent/Guardian Helper/Assistance	<p>When Parent/Guardians are involved, participants have more fun. Activity helpers can support your centre by:</p> <ul style="list-style-type: none">• Delivering Energiser and Activator activities• Coaching/supporting teams each week• Goal umpiring• Supporting Match Play via field umpiring