

Match play is the core of the NAB AFL Superkick program. Almost 75% of the program is tackle-free, modified match play, where participants put their skills into action and learn how to play the game of Australian Rules Football.

Use the tips below to help deliver match play at your centre.

Step	Explanation
Focus on enjoyment and education	<ul style="list-style-type: none"> As the coach your role is to provide the best learning and enriching experience possible, ensuring every child touches the football as many times as possible Rule adjudication should not be black and white, we need to provide opportunities for players to gather and dispose of the football in their own time Encourage and support through positive and educational reinforcement Stop the game and deliver educational talking points and resume Promote the importance of sharing the ball with teammates
Setting up field	<ul style="list-style-type: none"> Ensure field has three equally marked zones and is 70m x 50m, where possible Step out goal posts approx. 5-7 steps apart from each other
Getting into teams	<ul style="list-style-type: none"> Split your group into two teams It is okay if teams aren't even (you can play on one!) Ensure teams are of mixed experience, this will help keep engagement levels high
Explaining the rules	<ul style="list-style-type: none"> Be brief with your rules, focus on tackle-free, goal kicking, zones, passing to teammates and marking Players will learn as they go, however be sure you continue to reinforce rules before matches each week
Changing zones	<ul style="list-style-type: none"> Players should experience all positions on field at every session An easy way to move zones is by stopping the match, moving forwards to midfield, midfield to defense and defense to forwards, then restart the match
Additional tips	<ul style="list-style-type: none"> If one team is dominating, don't be afraid to change the teams or help out one team by getting involved Use the first session as a pilot to understand the levels of experience Set some weekly match play experience goals For guidance on girls' participation tips and tricks speak to your local AFL Game Development team member

NAB AFL SUPERKICK MATCH PLAY



Follow the rules below when playing matches at your centre.

Rule	Explanation
Game time	<ul style="list-style-type: none"> Maximum 45 minutes of match play Prioritise skills if your group needs a little more skill development
Ball size	<ul style="list-style-type: none"> Size 2 synthetic football
Zones	<ul style="list-style-type: none"> Fields should be divided into three equal zones Players must stay within allocated zone Kicks must be within the same zone, or forward one zone only Kicking over zones results in a free kick to the opposition
Group size	<ul style="list-style-type: none"> Ideal group size is 18 participants, 2 x 9 participant teams No group should be more than 18 participants as this negatively impacts experience, particularly for newer players Teams can change week to week Should your group be smaller, refer to the Modifications fact sheet
Marking	<ul style="list-style-type: none"> Awarded to any player who catches the ball, any distance, any reasonable attempt
Bouncing	<ul style="list-style-type: none"> No bouncing is allowed
Out of bounds	<ul style="list-style-type: none"> By kick and hands – a kick is awarded to the opposite team If unable to tell who last touched the ball, then ball it up
Kicking off ground	<ul style="list-style-type: none"> No kicking off the ground is allowed There is no diving on the football. Players must pick up the football and dispose A free kick is awarded to the opposition for kicking or diving on the ball
Scoring	<ul style="list-style-type: none"> No score is kept, this includes ladders/premiership points Only forward position players can score
Tackling	<ul style="list-style-type: none"> Superkick is a tackle-free program One handed tag allowed
Player rotation	<ul style="list-style-type: none"> No players should be on the bench Should your group be larger than 18, refer to the Modifications fact sheet Rotate players between zones every 5-10 minutes