**Australian Rules Football – AFL, AUSSIE RULES, FOOTY**

**Glossary**

**Forwards** – Players who are predominantly attacking players. Best position to kick goals.

**Centers** – Players who are in the mid section of the field. They execute the ruck/ball up at the beginning of play and after goals.

**Backs** – Players who are trying to defend the forwards and stop goals.

**Ruck/Ball up** – What the umpire does to start the game and after a goal. Umpire throws ball straight up and 2 opposing players attempt to tap the ball to their respective teams.

**Disposal** – The term used for the action of effectively passing the ball to a team mate or kicking a goal.

**Bump/Hip and Shoulder** – Act of initiating contact with an opponent or team mate.

**Handball** – Act of punching the ball with your fist to pass to a team mate.

**Goal** – Kicking the ball untouched through the two taller central posts. Goal is worth 6 points.

**Behind** – Kicking the ball through the taller and shorter posts beside the goal. A behind is also awarded if the ball travels through any of the posts of hands or touched.

**Drop punt/drop kick** – Action of kicking the ball.

**Taking a Mark** – Term used for someone who catches the ball off a kick (over 15m)

**Mark** – The spot on the ground where a player has ‘Taken a Mark’ or an infringement has occurred.

**Tackling** – The act of making contact with an opponent. A tackle can’t go above the shoulder (**too high**), below the knee (**tripping**) or in the back (**in the back**). Words in the brackets are terms used to explain the infringement.

**Footy** – ball used in the game of AFL Football.

**Throw** – incorrect disposal by hand

**Bounce** – act of throwing the ball to the ground and re-gathering. Must be executed every 10-15 steps. If a player runs too far or doesn’t bounce, it is at the discretion of the umpire to award a free kick.

**Smother** – Using your hands or body to block an opponent’s attempt to kick.

**Sheppard** – the act of blocking or legally interfering with an opponent who is within 5m’s of the ball. A Sheppard is usually applied to aid a team mate in running or disposing of the ball.

**Speccie** – An Australian colloquialism referring to a ‘spectacular mark’.

Links of game play:

<http://www.youtube.com/watch?v=AZQQERY02N0>

<http://www.youtube.com/watch?v=d-PFRrJQtew>

Skills

<http://www.aflauskick.com.au/coordinators/lesson-plans/>

Game Play:

Modified Rules – Segment fields into 3 sections 🡪 forwards, centre’s and backs. Spread players evenly. For each time period, that is the players ‘Starting position’. If the game is becoming congested and players are all bunched. Hold the Ball for a ‘Ball up’ and tell everyone to go to their starting position.