

Play with Purpose: Developing Australian Football (AFL9S) Using Simple to Complex Game Progressions to Teach For Understanding

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| GAME CATEGORIES | | | | | | |
|---|--|-----------------------------------|-----------------------------------|------------------------|---------------------------|-----------|
| TARGET | NET/WALL | STRIKING/FIELDING | | INVASION/TERRITORY | | COMPETING |
| Aim to target | Consistently return the object | <i>Batting</i> | <i>Fielding</i> | <i>With possession</i> | <i>Without possession</i> | ? |
| | | Score runs | Stop scoring runs | Score | Stop score | ? |
| Placement in relation to target and other obstacles | Placement of object and Positioning based on placement | Accuracy and Distance of ball hit | Making hitting the ball difficult | Invade | Stop invading | ? |
| Spin and/or turn | Spin and power | Avoid getting out | Get batter out | Keep possession | Get possession | ? |

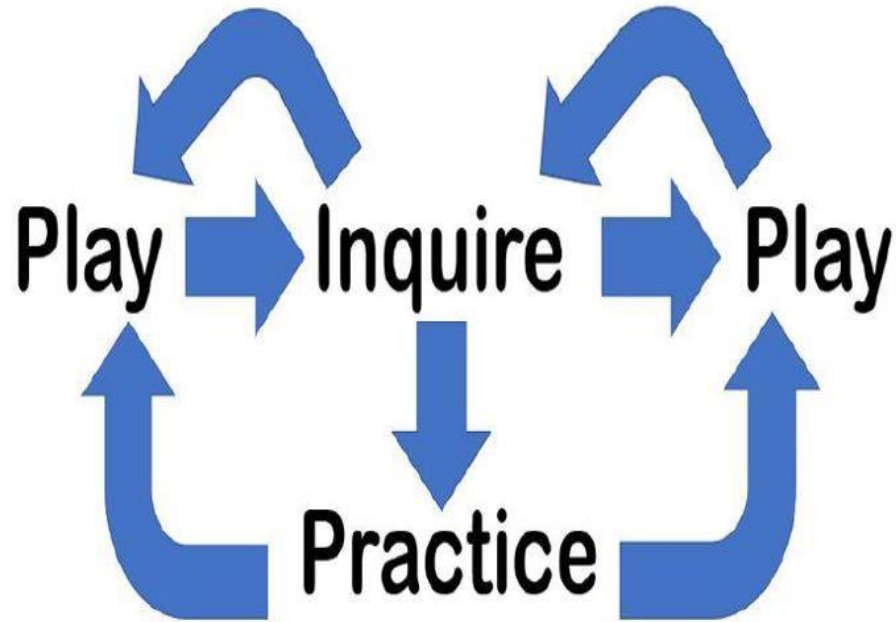
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Play with Purpose



Non-linear

Deliberate

'deliberate practice' - the focused, structured, detailed and continuing practice at 'getting better' (Andres Ericsson)

Spectrum of Teaching Styles

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Blog: Learning through Sport

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Table 1. Primary Rules of Australian Football

1. Games commence and restart after a goal with a ruck (ball-up) contest between two players (one from each team) in the center of the ground.
 2. Two point posts, one on each side of the goal posts, and in a straight line with them.
 3. After a point is scored, the defending team brings the ball back into play with a kick-in from a space in front of the goals.
 4. Any player catching the ball from a kick before the ball hits the ground or is touched by another player is paid a “mark” and has a free kick. No player can come into the space marked, and the player with the free kick must kick over the mark (the spot where the ball was caught).
 5. The ball is not allowed to be thrown.
 6. Players begin the game and restart in one of three positions—forward, center, and back.
 7. Players are allowed to run with the ball providing they bounce the ball as they run.
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Table 2. Secondary Rules of Australian Football: Negotiable Task Constraints

- Numbers per team?
- Field size?
- Field shape?
- Number of players in each position?
- Who contests the ruck contest (ball-up; a designated center player, any center player, etc.)?
- How do you stop (tackle) the opposition (two-handed touch, pull off tags, etc.)?
- How is the ball brought back into play after it goes out of bounds (throw-in, kick-in)?
- How far can you run with the ball? How many run-and-bounces are allowed? How far can you run without needing to bounce the ball?
- How long is a player protected from a “tackle” after a free kick or mark?
- How far does the ball have to travel from a kick for a player to be paid a mark?
- What type of ball (round football, oval football, tennis ball)?
- Can players play on after a mark?
- What happens if a game rule is broken (ball-up, free kick)?
- What happens when the ball hits the ground (team touching it last gives away a free kick, there is a ball-up, or players are permitted to pick the ball up)?
- Which players are allowed to kick at goal (only forwards, forwards and centers, or all players)?
- When can a player kick for goal (only after a mark, at any time, only from inside a forward zone, from anywhere on the field)?
- How many points for a goal? Are there any “super-goals”—bonus points for a goal kicked by certain positions (e.g., forwards) or from certain positions on the field (e.g., for a check-side kick enacted from the field boundary line adjacent to the point post)?

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Table 3. Questions Guiding Game Understanding

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- How does this action change the game?
 - How does a team defend against this action?
 - When would it be fair for the defending team to be allowed to “tackle” the player if they play on?
 - Who decides when the player has played on, and how can it be communicated so all players are aware that it has occurred?
 - What game circumstances might direct a player to play on? How can the defending team deny those circumstances?
 - Is there a need for a new game rule to assist officiating of the “play-on” after a mark?
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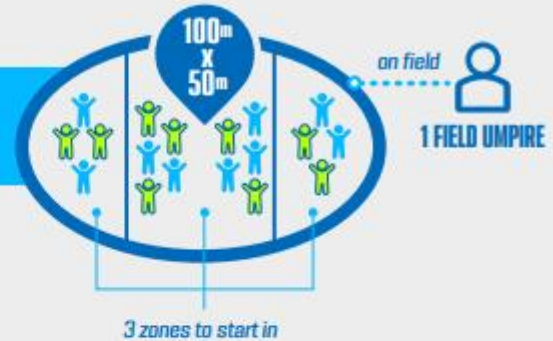
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HOW TO PLAY



Number of players

| Team A | Team B |
|--------|--------|
| 9 | 9 |

Optimum number of players: 12

A MARK

is awarded



TO ANY PLAYER

Any distance any reasonable attempt. Shows control. Players marking are protected by the drop zone.

20 min half

20 min half



BREAKS

(5 min half time break)

1 BOUNCE

permitted



SIZE 3 (YOUTH)

SIZE 4 (SENIOR WOMENS)

SIZE 5 (SENIOR MENS/MIXED)

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ADDITIONAL RULES

TEAM NUMBERS

9v9, optimal 12 players with 3 minimum females required to be on field at all times in mixed competitions.

ZONES

Zones are for starting in, then players move about freely. Kicks must be within the same zone, or forward one zone only. Kicking over zones will result in a free kick to the opposite team.

SCORING

Only Forward position players may kick for goal and must kick from Forward zone. Players are unable to score from a turnover, or out of bounds free kick. Forward players must identify with a wristband.

Premiership points, ladders and final series may be delivered as part of competition at the discretion of the local Competition/Ground Manager.

LENGTH

8 weeks is recommended, with a maximum of 10 games per season.

TACKLE FREE

AFL Nines is tackle free, however uses a one handed touch as tackle. "Holding the ball" if player has had prior opportunity (as deemed by the umpire) otherwise player has three seconds to dispose of the football.

DROP ZONE

This is defined as where the umpire determines the ball is going to land after a player kicks the football. "Drop zone (team name/colour)" will be called by the umpire to let players know who has priority for the mark. If an opposition player initiates contact of any sport, or is adjudged to have spoiled the ball, a free kick will be awarded to the attacking team.

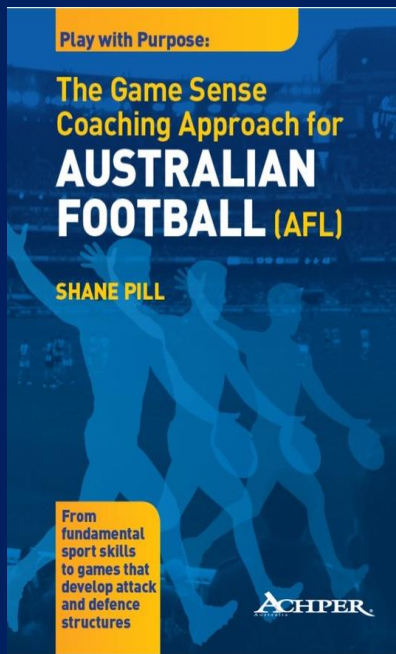
The defending team can intercept the ball, as long as they take clean possession and no contact is made to another player.

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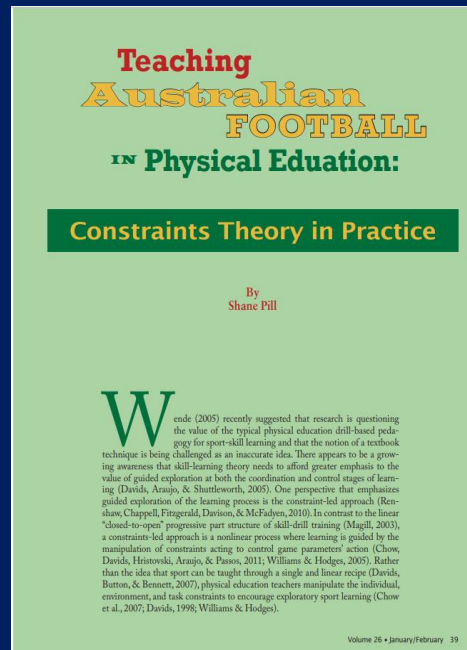
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