SKILL DEVELOPMENT CURRICULUM

WEST AUSTRALIAN FOOTBALL COMMISSION INC.

SKILL TYPE	Y3	Y4	Y5	Y6	Y7	Y8	Y9	Y10	Y11	Y12	Seniors
KICKING (Type of Kick)											
Preferred Foot											
Non-preferred Foot											
Drop Punt											
Torpedo											
Banana (Checkside)											
Drop Kick											
Quick Kick											
Off Ground											
Snap											
KICKING (Accuracy)											
Stationary Target											
To a Lead											
On the Run											
For Goal- set shot											
For Goal- running shot											
For Goal- snap shot											
HANDBALL (Type of Handball)											
Rocket											
Top Spin											
Flat											
Preferred Hand											
Non-preferred Hand											
HANDBALL (Use)											
Quick Hands											
Front and Centre											
From Ground											
Reverse-“back” to direction going											
Hit/Knock On											
Follow Up											
MARKING (Type of Mark/Technique)											
Overhead-Standing											
Pack Mark- Overhead/Chest											
Overhead- Jumping-Preferred Leg											
Overhead- Jumping-Non-preferred Leg											
Chest Mark/Diving											
In Front-Hand Mark											
Body Use/Positioning											
Landing/Rolling											
PICKING UP THE BALL											
Stationary Ball											
Ball Approaching											
Ball going away											
Ball running across path											
BOUNCING BALL											
Touching on Ground											
Preferred Hand											
Non Preferred Hand											

SKILL TYPE	Y3	Y4	Y5	Y6	Y7	Y8	Y9	Y10	Y11	Y12	Seniors
TAP OUT											
Preferred											
Non Preferred											
PLAY ON											
Selecting When											
Use of Peripheral Vision-Scanning											
LEADING											
Timing											
Area to Lead											
Gaining an advantage											
CRUMBING											
Use of Crumbing Line (Front and Centre)											
In groups											
CHANGING DIRECTION											
Baulk/Side Step/Dummy											
Spin											
Fending											
Blind Turn											
RUNNING TO:											
Technique											
Receive											
Back Up											
Man Up (Accountability)											
Cover											
Dummy Lead-Creating Space											
Running into space											
Running into Vision											
TACKLING (*depends on local rules)											
*Side											
Rear											
Front-Falling											
Front-Drive											
SPOILING											
Preferred Side											
Non Preferred side											
Rear											
Side											
SMOTHERING											
Side											
Front											
SHEPHERDING											
Arm Use											
ON THE MARK *(depending on local rules)											
Standing the mark											
*Holding Up an Opponent											

Skill Type	Y3	Y4	Y5	Y6	Y7	Y8	Y9	Y10	Y11	Y12	Senior
BUMPING											
Technique											
One on One Tussle											
CHASING											
When to..											
ROLLING											
Forward Shoulder Roll											
Forward Recover											
Backward											
LANDING											
Two feet											
One foot											
Various Positions and Forces											
RUCKWORK											
Craft											
RECOVERY											
2^{ND} 3^{RD} Effort											
Maintaining Ground											
Keeping Feet											

TACTICAL DEVELOPMENT CURRICULUM

WEST AUSTRALIAN FOOTBALL COMMISSION INC.

TACTIC TYPE	Y3	Y4	Y5	Y6	Y7	Y8	Y9	Y10	Y11	Y12	Seniors
DEFENCE PLAY											
Back-line Play			■	■	■	■	■	■	■	■	■
Restricting Space					■	■	■	■	■	■	■
"zoning"							■	■	■	■	■
attacking			■	■	■	■	■	■	■	■	■
FORWARD PLAY											
Forward-line play			■	■	■	■	■	■	■	■	■
Creating space					■	■	■	■	■	■	■
Leading			■	■	■	■	■	■	■	■	■
Defending			■	■	■	■	■	■	■	■	■
Sets Ups					■	■	■	■	■	■	■
MIDFIELD											
Creating					■	■	■	■	■	■	■
Defending			■	■	■	■	■	■	■	■	■
Reading the play					■	■	■	■	■	■	■
POSITIONAL PLAY (*rotate around as many zones as possible in early years)											
Zone Specific	■	■	■	■							
Line Specific				■	■	■	■				
Position Specific						■	■	■	■	■	■
TEAMWORK											
Sharing the ball	■	■	■	■							
Protecting teammate			■	■	■	■	■	■	■	■	■
Constructive talk				■	■	■	■	■	■	■	■
Cover					■	■	■	■	■	■	■
SET PLAYS											
Centre Square Set Ups				■	■	■	■	■	■	■	■
Boundary Throw Ins				■	■	■	■	■	■	■	■
Field Ball Ups						■	■	■	■	■	■
Opposition Kick Outs			■	■	■	■	■	■	■	■	■
Own Kick Outs						■	■	■	■	■	■
Rotations								■	■	■	■
Transitional Play-											
Switch					■	■	■	■	■	■	■
Running from Back Half			■	■	■	■	■	■	■	■	■
Running to Defend								■	■	■	■
Running to Link Up							■	■	■	■	■
GAME STYLE / PATTERN				■	■	■	■	■	■	■	■

MISCELLANEOUS DEVELOPMENT CURRICULUM

TOPIC	Y3	Y4	Y5	Y6	Y7	Y8	Y9	Y10	Y11	Y12	Seniors
CONDITIONING											
Aerobic-											
Natural											
Programmed											
Muscular-											
Natural											
Programmed											
Anaerobic-											
Natural											
Programmed											
Speed / Agility-											
Natural											
Programmed											
Balance / Proprioception											
Flexibility											
NUTRITION											
RECOVERY / BODY MANAGEMENT											
Monitoring / Diary											
Techniques											
EVALUATION											
Program											
Players / Officials											
Self (Coach)											
Player Profiling											
WELFARE											
PLANNING											
CLUB COACHING STRUCTURE											
SOCIAL SKILLING											
REHABILITATION PROGRAMS											
INJURY MANAGEMENT											
RISK MANAGEMENT											