

All About Auskick

AFL Auskick is where champions begin. It is where boys and girls first pull on their boots and learn their drop punts from their torpedos.

Safe and fun, AFL Auskick is the ideal introduction to football for children aged from five years to eight years.



Through skill games, activities and modified match practice participants will learn, and familiarise themselves, with all the skills required to become the next Adam Goodes, Nick Riewoldt or Buddy Franklin.

AFL Auskick is fun for kids and stress-free for parents and is facilitated with the help of parents and volunteers and managed by the community, for the community.

The NAB AFL Auskick Rookie program is where it all starts. Children aged from five to eight learn the fundamental skills required to participate in Australian football. The kids are grouped into Mini Kick, Junior Kick and Super Kick, depending on their age.

Kids will learn new skills and play fun games. Children are grouped by size and ability for safety and participation. No Auskicker ever feels left out. There's no tackling or rough play. Parents are encouraged to participate and enjoy a physical activity with their children.

St Ives Auskick is played on Sundays, 8.30 am at Acron Oval.

Sessions usually consist of a warm up, skill activities designed to improve and familiarise participants with the necessary skills of the game and end in a modified game where children can hone their skills in a safe, controlled environment.

A normal Sunday morning would consist of the following;

- 15 minutes warm up activity and welcome;
- 30 minutes learning skills and practicing drills;
- 5 minutes drink break;
- 30 minutes mini games; and
- 5 minutes team song, awards, finish.

Players rotate between forward, centre and back positions in all games. We conclude each session with the Club song and awards.

In Auskick there is no tackling and no scrumage. In Auskick our EMPHASIS is on fun, safety, fair play and inclusion. Games are relaxed and non-competitive. Everyone is encouraged and gets a fair go. Kids play in three age ranges for safety and to encourage participation.

There may be additional opportunities to attend a few gala days at other club venues, play at half time at senior and Swans matches and end the season with a mega gala day for all of Sydney North clubs in September.

Core Values - Fun and safety

Auskick is about learning physical and social skills.

The emphasis is on fun in a structured environment. The format is simple: fun warm ups; teaching skills by showing and practice followed by a non-competitive game of footy. In games, players are matched on size and ability for safety and to encourage participation. Players are positioned in three zones to reduce congestion, but rotate positions in breaks.

The AFL rules are modified for maximum participation and opportunity for personal achievement. Auskick does not permit tackling, smothering, stealing the ball, diving on the ball or kicking off the ground. Further, to encourage skills, once a player gains possession all other players back off to allow the player to kick or handball unchallenged. The language of marks and possessions is AFL but the basic skills of kicking, catching and evasion are intrinsically useful and transferable to any sport.

Each week, encouragement awards are given out and the club song is sung. No Auskicker will ever feel left out. Emphasis is on being a good sport, developing physical and social skills and having fun.

Child and parental participation

Parents are encouraged to participate under the guidance of the coaches and they are amply rewarded by fun quality time in physical activity with their children. Parents wanting to be involved in a coaching capacity should contact the Auskick Coordinator or the Head Coach.

Managed by the community for the community

Auskick depends on parental participation on the field and off the field. The program is well supported by the AFL and the volunteer coaches receive great training and support.

Auskick families enjoy a friendly (non-competitive) atmosphere. Looking for numbers or being a reserve doesn't happen in Auskick. Every player is included.

Auskick is all about having fun, getting to know the other folks and participating in the development of your child/children and community.