



Australian Government

**SISSAFL001 Participate in Australian
football at an intermediate level**

Release: 1

SISSAFL001 Participate in Australian football at an intermediate level

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to perform tactical and technical Australian football skills at an intermediate level through participation in Australian football training sessions and competitions.

This unit applies to athletes in the Australian sport industry competing in Australian football at a regional, state or national level.

Those undertaking this unit work under the guidance of a coach.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Australian football

Unit Sector

Sport

Elements and Performance Criteria

Elements describe the essential outcomes

1. Participate in intermediate level Australian football activities.

Performance criteria describe the performance needed to demonstrate achievement of the element.

- 1.1. Interpret and apply Australian football rules, regulations and policies to Australian football participation.
- 1.2. Participate in Australian football training activities and competitions in a safe manner, according to organisational policies and procedures.
- 1.3. Link and perform intermediate level Australian football skills to form a sequence of movements in practice and competition conditions.
- 1.4. Communicate with team members and coach during

- activities using Australian football communication systems and terminology.
2. Prepare to compete in Australian football at an intermediate level.
 - 2.1. Consult with coach to identify intermediate tactical and technical Australian football skills to be developed.
 - 2.2. Participate in training activities to develop identified intermediate level tactical and technical Australian football skills.
 - 2.3. Analyse own and opposition strengths and weaknesses to develop game plans for Australian football competitions.
 3. Implement Australian football game plan at an intermediate level.
 - 3.1. Implement game plans during competition.
 - 3.2. Interpret Australian football game statistics to identify and implement adjustments to improve intermediate level performance during competition.
 - 3.3. Maintain communication with team members and coach before, during and after competitions.
 4. Review intermediate level Australian football performance.
 - 4.1. Seek feedback from coach and support staff to identify areas to improve own intermediate level Australian football performance.
 - 4.2. Analyse Australian football competition statistics to identify own strengths and weaknesses.
 - 4.3. Reflect on own intermediate level Australian football performance to identify areas for improvement.
 - 4.4. Analyse findings and incorporate learnings in future intermediate level Australian football training and competition.

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS

DESCRIPTION

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|-------------------------------|--|
| Oral communication skills to: | <ul style="list-style-type: none"> • ask open and closed questions and actively listen to clarify instructions and feedback from coaches • interact with coaches, support staff and officials in a polite and positive manner. |
| Numeracy skills to: | <ul style="list-style-type: none"> • record training and competition data • interpret, analyse and discuss statistical information. |
| Problem-solving skills to: | <ul style="list-style-type: none"> • read play • respond to environmental conditions. |

Unit Mapping Information

No equivalent unit

Links

Companion Volume Implementation Guides -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>