



Australian Government

Department of Education, Employment and Workplace Relations

SISSAFL304A Perform the advanced skills of Australian Football

Release: 2

SISSAFL304A Perform the advanced skills of Australian Football

Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to perform the advanced skills of Australian football. This unit focuses on the development and performance of advanced Australian Football skills through drills, activities, games and competitions.

Application of the Unit

This unit applies to current, junior or aspiring athletes who are competing in Australian Football at a local, state or national level. It may also apply to those in sports development or football coaching roles.

Licensing/Regulatory Information

No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

SISSAFL201A Perform the intermediate skills of Australian Football

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

1. Prepare for football drills, activities, games and competitions.

- 1.1. Access and interpret Australian football ***rules, regulations and policies***.
- 1.2. Determine ***biomechanical principles*** as they apply to Australian football.
- 1.3. Identify ***advanced skills of Australian football*** and determine observable body movements for each stage of these skills in priority of importance when performing the skills.
- 1.4. Identify the advanced skills of Australian football players applicable to each position or player, and their purpose.
- 1.5. Select ***technological aids and equipment*** to enhance acquisition of advanced skills.

2. Participate in football drills, activities, games and competitions.

- 2.1. Undertake ***drills, activities, games and competitions*** in a safe manner, according to ***relevant legislation and organisational policies and procedures***.
- 2.2. Link and perform the advanced skills of Australian football to form a sequence of movements in competition conditions.
- 2.3. Maintain ***effective communication*** with team members and coach during drills, activities, games and competitions.

3. Review performance.

- 3.1. ***Review*** advanced skills practiced throughout drills, activities, games and competitions, and identify strengths and areas requiring improvement.
- 3.2. Identify ***conditions and external influences*** affecting conduct of activities and identify contingency strategies to improve future sessions.

Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

Required skills

- communication skills on and off the football field to:
 - determine other player's intentions and movements
 - communicate with coaches and clarify positions, rules and play set-ups
 - seek feedback and instructions from team mates, coaches, support staff and umpires
- teamwork skills to:
 - encourage and support team members
 - share the ball with others
 - respect other player's decisions
 - participate effectively in training activities
- language and literacy skills to access, interpret and apply information about the rules and regulations of Australian football games and competitions
- problem-solving skills to:
 - respond appropriately to changing conditions during training and game situations
 - apply strategies to resolve disputes related to the conduct or outcome of a game
- self management skills to:
 - review and reflect on own performance
 - organise time and priorities effectively
 - set short, medium and long term goals.

Required knowledge

- legislation and organisational policies and procedures to ensure safe participation during Australian football drills, activities, games and competitions
- rules, regulations and policies of the Australian Football League, including Laws of the Game and best practice codes to participate appropriately
- self reflection principles to enable effective self evaluation for future improvement
- positions and players of Australian football and their roles and responsibilities on the field during games
- relevant equipment and technological aids used in Australian football drills, activities, games and competitions to enhance advanced skills
- safety requirements and practices during Australian football drills, activities, games and competitions
- communication systems used between players, coaches, support staff and umpires during football drills, activities, games and competitions.

Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

Overview of assessment

Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- utilises knowledge and interpretation of advanced skills of Australian football, and relevant rules, regulations and policies to perform and apply the advanced skills applicable to different positions
- determines observable body movements for each stage of advanced skills and links together and practices these during drills, activities, games and competitions
- communicates appropriately with team members, coaches, umpires and support staff throughout drills, activities, games and competitions, and responds to feedback
- reviews own and team's football performance to identify strengths and areas requiring improvement or modifications.

Context of and specific resources for assessment

Assessment must ensure performance of advanced skills relevant to position requirements and conditions at an accuracy rate of at least 70% on sufficient occasions to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- Australian football training and competition facilities with marked out fields
- groups or teams competing at an advanced level of Australian football
- a coach to instruct and address players
- suitably qualified field, boundary and goal umpires
- support staff, such as runners and trainers
- technological aids and equipment such as whistles, hats, tackle bags and videos
- resources and information outlining the advanced skills of Australian football
- rules and regulations such as the Australian Football League rule book, Australian Football League code of conduct, Australian Football League policies, such as anti-doping policy, and the Australian Sports

Commission harassment-free Sport policy

- current legislation and organisational policies and procedures that impact on the conduct of drills, activities, games and competitions.

Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- observation of performance of advanced skills at an accuracy rate of at least 70% during drills, activities, games and competitions
- oral or written questioning to assess knowledge of relevant rules, regulations and policies of the Australian Football League, and the various advanced skills of Australian football
- third-party reports from coaches or umpires detailing performance.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

- SISSAFL305A Perform the advanced tactics of Australian Football.

Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

Rules, regulations and policies may include:

- the Australian Football League (AFL) laws of the game and notes on the laws
- Australian Football League (AFL) rules of the game
- best practice codes of conducts such as AFL code of conduct, AFL player's code of conduct and AFL coaches code of conduct
- policies of the employer organisation such as anti- doping policy, Australian Sports Commission Harassment-free Sport policy
- the Australian Football League racial vilification policy.

Biomechanical principles may include:

- balance
- motion
- force
- momentum
- power.

Advanced skills of Australian football may include:

- offensive skills of Australian football
- checking skills of Australian football
- positional skills
- specialist skills
- offensive and checking skill proficiency demonstrated on both sides of the body, where appropriate.

Technological aids and equipment may include:

- DVDs. CDs
- footballs
- witches hats
- tackle bags
- bump pads
- goal posts.

Drills, activities may include:

- those showing a sequential progression to an 'on field' situation or starting with the 'on field' situation and then breaking down skills
- advanced skill drills based on:
 - the needs of specific players games

- assessment of opposition
 - stage of the season
 - objectives of the session
 - warm ups and cool downs
 - grid work
 - manual work.
 - modified games
 - practice matches:
 - specific skill focus
 - specific play focus
 - inter-club or team games
 - competition games.
- Games and competitions*** may include:
- Relevant legislation*** may include:
- occupational health and safety
 - permits from land management authorities or local council
 - authority or permission from land owners or football clubs
 - anti-doping policy
 - harassment-free sports policies.
- Organisational policies and procedures*** may include:
- occupational health and safety
 - conflict resolution
 - communication protocols
 - decision making processes
 - use and maintenance of equipment and field
 - training and scheduling commitments
 - code of ethics.
- Effective communication*** may include:
- verbal signals
 - visual signals
 - codes for player's names
 - codes for different plays.
- Review*** may include:
- individual
 - as a member of the team
 - with the coach.
- Conditions and external influences*** may include:
- environmental or weather conditions
 - support staff
 - spectators
 - parents
 - referees and administrators
 - other coaches.

Unit Sector(s)

Sport

Competency Field

Australian Football League