



Australian Government

Department of Education, Employment and Workplace Relations

SISSAFL406A Teach the intermediate skills of Australian Football

Release: 2

SISSAFL406A Teach the intermediate skills of Australian Football

Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to teach and develop the intermediate skills of Australian football. This unit focuses on planning, conducting and evaluating drills, activities and games to develop the intermediate skills of Australian football.

Application of the Unit

This unit applies to individuals undertaking a career as an Australian Football coach at a regional or state level. This includes instructing, planning, conducting and evaluating training sessions and games. This also involves supervising practice sessions, preparing for games and completing post-competition analysis on performance.

Licensing/Regulatory Information

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

Pre-Requisites

Nil

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. Plan intermediate Australian football session or sessions

- 1.1. Establish *participant's needs and characteristics*.
- 1.2. *Assess* participant's *readiness* and current knowledge of intermediate Australian Football in order to determine *session aims and objectives*.
- 1.3. Develop a *plan* according to participant's needs and characteristics, *relevant legislation, organisational policies and procedures* and Australian football *rules, regulations and policies*.
- 1.4. Identify *safety procedures* associated with intermediate Australian football *drills, activities* and *games* according to organisational policies and procedures.
- 1.5. Select and access *location, equipment* and *resources* according to organisational policies and procedures, and check to ensure safety and suitability.

2. Brief participants

- 2.1. Communicate instructions and *relevant information* about the intermediate Australian football session in a manner appropriate to the participants.
- 2.2. Encourage participants to seek clarification, information and *feedback* as required during the session.
- 2.3. Inform participants of known and anticipated *risks*, safety procedures, appropriate behaviour and intermediate Australian football rules and regulations.
- 2.4. Establish a suitable *communication system* to promote team work while participating in drills, activities and games.

3. Conduct intermediate Australian football session or sessions

- 3.1. Apply clear and accurate *teaching and coaching techniques* to impart *required knowledge* and *intermediate skills of Australian football*.
- 3.2. Conduct warm-up and introductory activities for

ELEMENT**PERFORMANCE CRITERIA**

- participants to reduce the risk of injury.
- 3.3. Monitor individual *participant's performance* and maintain effective communication during intermediate Australian football drills, activities and games.
- 3.4. Provide positive encouragement and feedback to each participant throughout session and encourage feedback and questioning.
- 3.5. Liaise with other *coaches and specialists* to enhance knowledge and communicate ideas regarding acquisition of skills.
- 3.6. Allow time for cooling down at the end of the session and inform participants of opportunities to further develop their intermediate Australian football skills.
4. Complete post-session responsibilities
- 4.1. Provide opportunities for participants to identify their personal progress and satisfaction with the session, and give feedback as required.
- 4.2. Evaluate *relevant aspects* of intermediate Australian football session and determine the level of learning achieved.
- 4.3. Identify potential areas of improvement for future intermediate Australian football sessions.

Required Skills and Knowledge

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

Required skills

- communication skills to:
 - consult with participants to determine their needs
 - convey information about the safety aspects of the session
 - interact with participants, support staff and umpires to create a safe and positive team environment
- problem-solving skills to:
 - plan suitable intermediate sessions according to participant's needs and characteristics
 - address participant difficulties in developing skills and techniques
 - anticipate and respond appropriately to non-routine situations
- planning and organisational skills to:
 - source, allocate and coordinate resources, equipment and a suitable location
 - monitor and evaluate short and long term progress over the course of a season
 - organise participants into manageable groups for intermediate drills, activities and games
- language and literacy skills to:
 - produce a plan for the intermediate session or sessions
 - complete post-session participant and self evaluations
 - give and receive feedback
 - liaise with other coaches and specialists
 - apply for permission or permits to use a suitable location or playing field where required
- teaching and coaching techniques to suit a range of participant's needs, characteristics and learning styles
- numeracy skills to support effective time management to deliver drills, activities and games within session timeframes
- personal intermediate Australian football skills to a high level of technical correctness to understand progressive skill acquisition and demonstrate, explain and break down skills and techniques to participants

first aid and emergency response skills appropriate to the location.

Required knowledge

- legislation, organisational policies and procedures, and rules and regulations of intermediate Australian football to ensure safe and non-discriminatory conduct of session or sessions
- site-specific information to assist in the planning process and enable management of potential risks, and any special restrictions applying to the location

- equipment types, characteristics and technology used for intermediate Australian football
- teaching and coaching techniques and practices applicable to a range of ages and learning abilities
- a range of physical abilities, fitness and motor performance to ensure readiness of participants
- intermediate skills of Australian football, such as ball handling and tackling, and specific drills, activities and games that promote progressive skill acquisition in individuals and groups
- communication systems used between players, coaches, umpires and support staff during intermediate Australian football
- risks commonly associated with intermediate Australian football and methods of mitigating these risks
- emergency response and rescue procedures appropriate for intermediate Australian football, to ensure risk minimisation to self and group.

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:

- plans and delivers precise relevant information, explanations and demonstrations for intermediate Australian football session or sessions to ensure activities are conducted safely according to participant's needs and characteristics
- observes and monitors the progress of participants and provides constructive feedback and intervention to improve and develop the intermediate skills of Australian football
- uses and modifies teaching and coaching techniques and or drills, activities and games to cater for a range of individual learning styles
- evaluates and reflects on own coaching performance to identify strengths, weaknesses and areas that need improvement.

Context of and specific resources for assessment

Assessment must ensure the conduct of safe drills, activities and games that reflect the needs and characteristics of a range of participants and are of sufficient duration and breadth to demonstrate competency and consistency of performance

Assessment must also ensure access to:

- resources and information regarding participants and location to accurately plan, coach and document intermediate sessions
- rules and regulations such as the Australian Football League rule book, Australian Football League code of conduct, Australian Football League policies
- current legislation and organisational policies and procedures that impact on the conduct of drills, activities and games
- teaching and coaching tools such as videos, DVDs, televisions, whiteboards and statistics
- a suitable location, field or facility to conduct intermediate Australian football sessions
- a group of participants to take part in intermediate Australian football season-long fixture in a registered

competition

- teams of intermediate Australian football players to compete in a season-long fixture in a registered competition
- suitably qualified umpires
- support staff, such as runners and trainers
- equipment such as Australian footballs, witches hats and tackle bags.

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:

- oral or written questioning to assess knowledge of relevant legislation, organisational policies and procedures, and rules and regulations of intermediate Australian football to enable safe conduct of all drills, activities and games during the sessions
- observation of applying effective methods to implement, monitor and adjust coaching drills and activities according to participant's needs, characteristics and responses
- portfolio of session plans and self evaluations
- third-party reports from a supervisor detailing performance.

Industry has determined that this unit must be assessed with the following unit:

- SISSAFL407A Teach the intermediate tactics of Australian Football.

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

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.

Participant's needs and characteristics may include:

- age
- cultural factors
- situational factors
- previous experience
- fitness level
- physical capabilities
- injuries and illnesses.

Assess may include:

- observation
- questioning
- discussion.

Readiness may include:

- levels of cardio respiratory capacity, endurance and strength
- motor performance
- compatibility between players in match situations
- level of arousal which will enhance performance.

Session's aims and objectives may include:

- progressive skill acquisition
- individual and team skills
- fitness targets.

Plan may include:

- session's aims and objectives
- periodisation
- match fixtures
- coach and participant ratios
- resources and equipment
- warm up and cool down
- skill based or technical or physical drills and activities
- evaluation
- safety requirements.

Relevant legislation may include:

- occupational health and safety
- permits from land management authorities and or local council
- authority or permission from land owners and or football clubs

Organisational policies and procedures may include:

- privacy
- working with children
- harassment-free sports policies.
- occupational health and safety
- conflict resolution
- communication protocols
- use and maintenance of equipment and field
- training and scheduling commitments
- risk management procedures
- assessment procedures
- time and budget constraints
- instructor and participant ratios
- code of ethics.

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
- Australian Football Coaches Association
- Australian Coaching Council's coaches code of conduct policy
- the Australian Football League racial vilification policy.

Communication system may include:

- use of runners during matches
- 2 way radios during matches
- white-board or static presentation
- computer-generated information or reports
- video or match analysis
- verbal signals
- visual signals.

Safety procedures may include:

- group management in emergency situations
- symptoms, treatment and prevention of common intermediate Australian football injuries
- equipment checking and usage
- clear communication systems.

Drills, activities may include:

- drills:
 - full ground

- triangular
 - grids
 - lane work
 - warm ups and cool downs
 - set play rehearsals.
- Games*** may include:
- modified games
 - conditioned games
 - simulated match conditions
 - practice matches:
 - specific skill focus
 - specific play focus.
- Location*** may include:
- Australian football fields
 - open fields
 - indoor facilities.
- Equipment*** may include:
- Australian footballs
 - wickets hats
 - tackle bags
 - bump pads
 - goal posts.
- Resources*** may include:
- video equipment
 - sports science testing equipment
 - current edition of the laws of Australian Football League spirit of the laws booklet
 - Australian Football League junior policy document, including the rules of Aussie footy
 - Australian Football League Level 2 coaching manual.
- Relevant information*** may include:
- skills focus
 - team selection
 - player positions and match ups
 - communication systems
 - objectives
 - rules and regulations of Australian football
 - responsible and safe behaviour.
- Feedback*** may include:
- peer feedback
 - coach feedback
 - information on participant progress
 - improvements needed.
- Risks*** may include:
- injuries
 - illness
 - collisions

Teaching and coaching techniques may include:

- hazardous objects on the ground
- inappropriate behaviour and or fighting.
- Show, Practice, Instruct, Reward method
- demonstration
- single skills focus
- progression and linking skills
- positive reinforcement and feedback
- questioning
- monitoring and observing progress
- assessment
- evaluation
- allowing time for repetition and practice of skills.

Participant's performance may include:

- use of appropriate communication systems
- team participation
- performance and accuracy of intermediate Australian football skills
- attitude and behaviour.

Required knowledge may include:

- safety
- rules and regulations of intermediate Australian football
- purposes of skills and positions
- basic biomechanical principles
- factors affecting skill acquisition
- equipment selection, use and maintenance
- communication systems used in intermediate Australian football.

Intermediate skills of Australian football may include:

- offensive skills
- checking skills
- positional skills
- interchange players
- specialist skills
- body positioning skills for defensive play
- defensive roles in set plays
- body positioning skills for offensive play.

Coaches and specialists may include:

- assistant coaches
- biomechanics specialists
- speed coach
- strength and conditioning specialist.

Relevant aspects may include:

- effectiveness of the teaching and coaching session
- suitability of teaching and coaching methods

- feedback provided to or by participants
- initial and final assessment of participant's abilities
- validity and reliability of assessment and evaluation tools.

Unit Sector(s)

Sport

Competency Field

Australian Football League