



Australian Government

Department of Education, Employment and Workplace Relations

SISSAFL407A Teach the intermediate tactics of Australian Football

Release: 2

SISSAFL407A Teach the intermediate tactics of Australian Football

Modification History

Not Applicable

Unit Descriptor

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

Application of the Unit

This unit applies to those 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.

- 1.1. *Assess* participant's ***readiness*** and current knowledge of ***intermediate Australian football tactics and strategies*** in order to determine ***session aims and objectives***.
- 1.2. Develop a ***plan*** according to participant's ***needs and characteristics, relevant legislation, organisational policies and procedures*** and ***endorsed standards promoted by Australian football***.
- 1.3. Identify ***safety procedures*** associated with intermediate Australian football ***drills, activities*** and ***games*** according to organisational policies and procedures.
- 1.4. 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 intermediate Australian football drills, activities and games in a manner appropriate to the participants.
- 2.2. Encourage participants to seek clarification, information and ***feedback*** as required.
- 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 teamwork while participating in drills, activities and games.
- 2.5. Develop individual and team ***game plans which include*** tactics and strategies to counter strengths and weaknesses of own player or players and opposition player or players.

ELEMENT	PERFORMANCE CRITERIA
	2.6. Prepare players <i>psychologically</i> for intermediate Australian football games.
3. Conduct intermediate drills, activities and games.	<p>3.1. Apply <i>teaching and coaching techniques</i> to impart <i>required knowledge</i> and individual and team attacking and defensive tactics and strategies.</p> <p>3.2. Conduct warm-up and or introductory activities for participants to reduce the risk of injury.</p> <p>3.3. Monitor individual <i>participant's performance</i> and maintain effective communication during intermediate Australian football drills, activities and games.</p> <p>3.4. Observe participants during drills, activities and games, and adjust or refine individual and or group tactics and strategies as required.</p> <p>3.5. Conduct <i>in-game analysis</i> and implement relevant adjustments where required.</p> <p>3.6. Liaise with other <i>coaches and specialists</i> to enhance knowledge and communicate ideas regarding acquisition of tactics and strategies.</p> <p>3.7. Allow time for cooling down at the end of the session and inform participants of opportunities for further development.</p>
4. Complete post-session responsibilities.	<p>4.1. Provide opportunities for participants to identify their personal progress and satisfaction with drills, activities and or game, and give feedback as required.</p> <p>4.2. Analyse performances of individuals and the team, and develop relevant on-going coaching strategies to enhance performance over the course of a season.</p> <p>4.3. Evaluate <i>relevant aspects</i> of the game and determine the level of learning achieved.</p> <p>4.4. Identify potential areas of improvement for future intermediate Australian football games.</p>

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 safety aspects
 - clarify positions, tactics and strategies
 - interact with participants to create a safe and positive team environment
- problem-solving skills to:
 - plan suitable drills, activities and games, and determine player's intentions, movements, strengths and weaknesses
 - read and predict play
 - address participant difficulties in developing tactics and strategies
 - anticipate and respond appropriately to non-routine situations
- planning and organising skills to:
 - source, allocate and coordinate resources, equipment and locations
 - monitor and evaluate short and long term progress over the course of a season
 - organise participants into manageable groups for drills, activities and games
- language and literacy skills to:
 - produce session plans
 - complete post-game 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 timeframes
- personal intermediate Australian football tactics and strategies to a high level of technical correctness to demonstrate, explain and break down tactics and strategies for participants
- first aid and emergency response skills appropriate to the location.

Required knowledge

- legislation, organisational policies and procedures, and rules and regulations of Australian football to ensure safe and non-discriminatory conduct
- information about local location 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 Australian football tactics and strategies including patterns of play in attack and defence and game plans for team and individuals and how to implement these during a game
- specific drills, activities and games that promote the learning of tactics and strategies in individuals and group
- communication systems used between players, coaches, umpires and support staff during intermediate Australian football
- psychological methods and techniques used in game preparation
- positions and players of Australian football and their roles and responsibilities on the field during games
- risks commonly associated with intermediate Australian football and methods of mitigating these risks
- emergency response and rescue procedures minimise risk 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 to ensure all 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 intermediate attacking and defensive tactics and strategies of Australian football
- uses and modifies coaching techniques, drills, activities and or 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 evaluate intermediate Australian football drills, activities and games for a variety of participants
- resources and information outlining the intermediate tactics and strategies of Australian football
- documentation such as the Australian Football League rule book, Australian Football League code of conduct and the Australian Sports Commission harassment- free sport policy
- 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

- 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 and witch's hats.

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
- observation of conducting, monitoring and adjusting safe intermediate Australian football coaching sessions
- portfolio of plans, self and or player evaluations
- third-party reports from a supervisor detailing performance.

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

- SISSAFL406A Teach the intermediate skills 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.

- Assess*** may include:
- observation
 - questioning
 - discussion.
- Readiness*** may include:
- appropriate levels of fitness
 - motor performance factors
 - compatibility between players in match situations
 - psychological level of arousal which will enhance performance
 - stable and positive approach to enjoyment and performance.
- Intermediate Australian football tactics and strategies*** may include:
- attacking tactics and strategies
 - defensive tactics and strategies
 - stage of the game
 - counteracting actions to opposition set-plays
 - reading the play.
- Aims and objectives*** may include:
- practice of single or multiple tactical skills
 - practice of group tactics and strategies
 - practice of individual tactics and strategies.
- Plan*** may include:
- session's aims and objectives
 - match fixtures
 - coach and participant ratios
 - resources and equipment
 - drills, activities and games
 - participant information
 - safety requirements.
- Needs and characteristics*** may include:
- age
 - cultural factors
 - situational factors
 - previous experience
 - fitness level
 - physical capabilities
 - injuries and illnesses.
- Relevant legislation*** may include:
- occupational health and safety

Organisational policies and procedures may include:

- permits from land management authorities and or local council
- authority or permission from land owners and or Australian football clubs
- working with children
- harassment-free sports policies.
- occupational health and safety
- conflict resolution
- communication protocols
- use, care and maintenance of equipment
- training and scheduling commitments
- risk management procedures
- assessment procedures
- time and budget constraints
- instructor and participant ratios
- code of ethics.

Endorsed standards promoted by Australian Football may include:

- the standards endorsed by Australian football as they relate to coaches
- the Australian Football League (AFL) coaches code of conduct
- AFL policies
- Australian Football Coaches Association
- Australian Sports Commission harassment-free sport policy
- Australian Football League skills manuals and videos.

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
- clear explanations of all requirements.

Drills, activities may include:

- intermediate drills
- warm ups and cool downs
- small group practices
- team practices
- attacking and defensive situations
- grid work.

Games may include:

- simulated game conditions
- coordinated positional plays
- modified games

- Location may include:***
- tactic focused practice matches.
 - Australian football fields
 - ovals
 - gymnasiums.
- Equipment may include:***
- Australian footballs
 - protective equipment
 - witchies hats
 - tackle bags
 - bump pads
 - goal posts.
- Resources may include:***
- video equipment
 - stop watch
 - sports science testing equipment
 - current booklets, documents and manuals on laws of Australian football, team play and tactics, game sense, and modified games and training drills
 - computer statistics systems.
- Relevant information may include:***
- tactic and strategy focus
 - equipment and resource requirements, selection and use
 - team selection
 - player positions and match ups
 - safety procedures
 - communication systems
 - strengths and weaknesses of opposition
 - psychological preparation methods
 - objectives
 - patterns of team play
 - rules and regulations of intermediate Australian football
 - responsible and safe behaviour.
- Feedback may include:***
- information on participant progress
 - improvements needed.
- Risks may include:***
- injuries
 - illness
 - collisions
 - hazardous objects on the ground
 - inappropriate behaviour or fighting.
- Rules and regulations may include:***
- current edition of the laws of Australian football booklet
 - 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:

- styles that promote teamwork and are appropriate to the Australian football community
- verbal, non-verbal and written modes
- using terminology and language appropriate to different age groups.

Game plans may include:

- individual or team
- set plays
- style and patterns of play
- match ups
- situational plays.

Psychologically may include:

- goal setting
- visualisation
- relaxation techniques
- focusing
- creating values
- confidence
- control
- commitment.

Teaching and coaching techniques may include:

- Show, Practice, Instruct, Reward method
- demonstrating intermediate Australian football tactics and strategies to a high level of technical correctness
- discussing tactics and strategies
- giving clear and concise relevant instructions
- focusing on single and or multiple tactics and strategies
- breaking down complex tactics and strategies
- individual, pair, small group and large group

work

- positive reinforcement and feedback
- questioning
- monitoring, observing and adjusting coaching methods according to progress
- allowing time for repetition and practice of tactics and strategies.

Participant's performance may include:

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

Required knowledge may include:

- rules and regulations of intermediate Australian football
- purposes of skills and positions
- required rules for each individual team
- factors affecting tactic and strategy acquisition
- intermediate Australian football tactics and strategies
- counteractive strategies encountered during competition
- safety and risk management
- team rules.

In-game analysis may include:

- game monitoring to develop and modify appropriate tactics to suit the game situation
- using game statistics to make relevant adjustments
- analysing game performances to develop coaching strategies
- psychological and motivational wellbeing of players
- strengths and weaknesses of own and opposition players
- tactical strengths and weaknesses.

Relevant aspects may include:

- effectiveness of the teaching and coaching session
- suitability of teaching and coaching methods
- feedback provided to and 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