



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
Oral communication skills to:	- 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:	- record training and competition data - interpret, analyse and discuss statistical information.
Problem-solving skills to:	- 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>

Assessment Requirements for SISSAFL001 Participate in Australian football at an intermediate level

Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- participate in Australian football at an intermediate level that involves:
 - complying with Australian football rules, regulations and policies
 - performing intermediate level tactical and technical skills at an accuracy rate of 70% at one competition
 - performing intermediate level technical skills at an accuracy rate of 70% at three training sessions of no less than 30 minutes each
 - communicating with team members, coach, official and support staff and responding to feedback
 - analysing and reflecting on own and opposition strengths and weaknesses.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- organisational policies and procedures applicable to participating in Australian football at an intermediate level
- tactical and technical fundamentals of Australian football for intermediate level athletes:
 - tactical:
 - team set-up
 - centre bounce
 - free kicks
 - kick outs
 - patterns of play in attack
 - patterns of play in defence
 - technical:
 - offensive skills
 - checking skills
 - positional skills
 - specialist skills
- Australian football biomechanical principles

- types, characteristics, function and safe use of Australian football equipment, facilities and technological aids
- types of strengths and weaknesses of intermediate level Australian football athletes:
 - physical
 - tactical
- training activities for intermediate level Australian football athletes:
 - intermediate skill drills
 - warm-ups and cool-downs
 - grid work
 - manual work
- competitions and pathways for intermediate level Australian football athletes
- types and contents of game plans for intermediate level Australian football athletes
- types and methods of analysing competition statistics for intermediate level Australian football athletes
- types and potential impacts of environmental conditions
- intermediate level Australian football rules, regulations and policies
- methods for self reflection
- Australian football communication systems and terminology.

Assessment Conditions

Skills must be demonstrated in:

- an Australian football environment. This can be a workplace or simulated environment.

Assessment must ensure access to:

- first aid kit
- drinking water
- Australian football rules, regulations and policies
- organisational policies and procedures applicable to participating in Australian football at an intermediate level
- organisational safety, emergency response and first aid procedures.

Assessment must ensure use of:

- Australian football equipment and facilities with marked-out fields
- Australian football opposition team competing at an intermediate level, coach, officials and support staff.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors.

Links

Companion Volume Implementation Guides -

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