

Registrations – Auskick Rookies

Auskick Rookies is an introduction to Aussie Rules for boys and girls aged between 5-6 with no weekend matches. This program aims to teach the basic skills of AFL, including kicking, marking and hand balling. Skills are taught through fun, interactive drills and games and practiced by playing modified mini games. With a focus on fun, Auskick Rookies also aims at laying the foundations of the importance of teamwork and good sports conduct.

Sessions will be held on Wednesdays from 4.15-5.15pm and will generally run for 9 weeks. The starting date and location to be confirmed.

Registration costs \$95 and includes an Auskick Pack.

Players only require comfortable, warm clothing applicable to the weather, plenty of water for hydration and a willingness to learn AFL skills.

Parental assistance is paramount to fun and effective sessions and we encourage you to get involved.

Click [here](#) for more *Auskick* information or contact the AFC Junior President, Sue-Anne McKeough, at sueanne.mckeough@ainsliefootball.com.au.

Registrations – Auskick Pro (U8s)

Auskick Pro (U8s) is the next step in the introduction to Aussie Rules from Auskick Rookies. This program is aimed at boys and girls aged 6-8. The main focus is on fun and basic skill development. It is also referred to as Under 8s.

There is one training session per week on Wednesdays - time and location to be confirmed.

Games are played on a Saturday (time to be confirmed) in the northern suburbs of Canberra. The ground is divided into three zones and players are rotated across the zones during the match. Scores are not kept and the focus is on teaching skills and developing young players.

Registration costs \$140 and includes an Auskick Pack. Players will also be provided with a playing jumper (to be returned at the end of the season) and one pair of socks, but will need to purchase playing shorts. Shorts can be purchased at the AFC office located at 5 Angas Street, Ainslie, at a cost of \$25. Mouthguards and football boots are essential (second hand boots may be available on request). Other than that, all that is required is warm clothing applicable to the weather, plenty of water for hydration and a willingness to learn AFL skills.

The season is expected to commence on the weekend of 24-25 April - to be confirmed.

Parental support is always necessary to help us run fun and effective sessions and we encourage you to get involved.

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