

Modified AFL

(Players 4 or more)

I have found this game to be very successful when taking fitness groups. It is entertaining and time flies whilst your clients are working hard. It can be used as part of a training session or a whole session for a change (if things are going well).

This game would also be excellent for sports that require marking skills such as soccer and netball.

Intensity

Moderate to high, intensity is increased with less players and a larger playing field. It is particularly hard work with 4 players. Use more than one field with smaller team numbers and play a round robin to increase intensity.

Equipment

Marker cones and soccer ball.

Set up

Mark out a rectangular field that is no smaller than 25m by 30m. At opposite ends of the field are goal lines.

Objective

For a member in your team to catch the ball over the goal line **from a kick** to be awarded a point.

Rules

1. A player may only take two steps with the ball in their hands.
2. A player can run- provided the ball is dribbled as in soccer. (distance restrictions can be placed on this rule i.e. only allowed to dribble for 15 metres)
3. If a player catches a ball on the full they are awarded a mark.
4. A defending player must retire (not harass) a player who has taken a mark.
5. If a mark is not taken the opposing player is free to play for the ball without excessive body contact.
6. When taking a mark the ball must be progressed within 5 secs. Otherwise a changeover is affected.
7. A point is awarded when a player catches a kick from a team mate over the goal line on the full.
8. When a goal is scored the defending team restarts from the halfway mark
9. If the ball is not caught or touches the ground over the goal line a change over is affected with the restart taking place from the sideline.
10. Passes must be punched with the fist not thrown. (Can play throws if preferred)
11. If the ball goes over the sideline it is awarded to the defending team. Provided the ball was not touched prior to going over the sideline.

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