

AFL OUTER EAST



UNDER NINES EXPLAINED

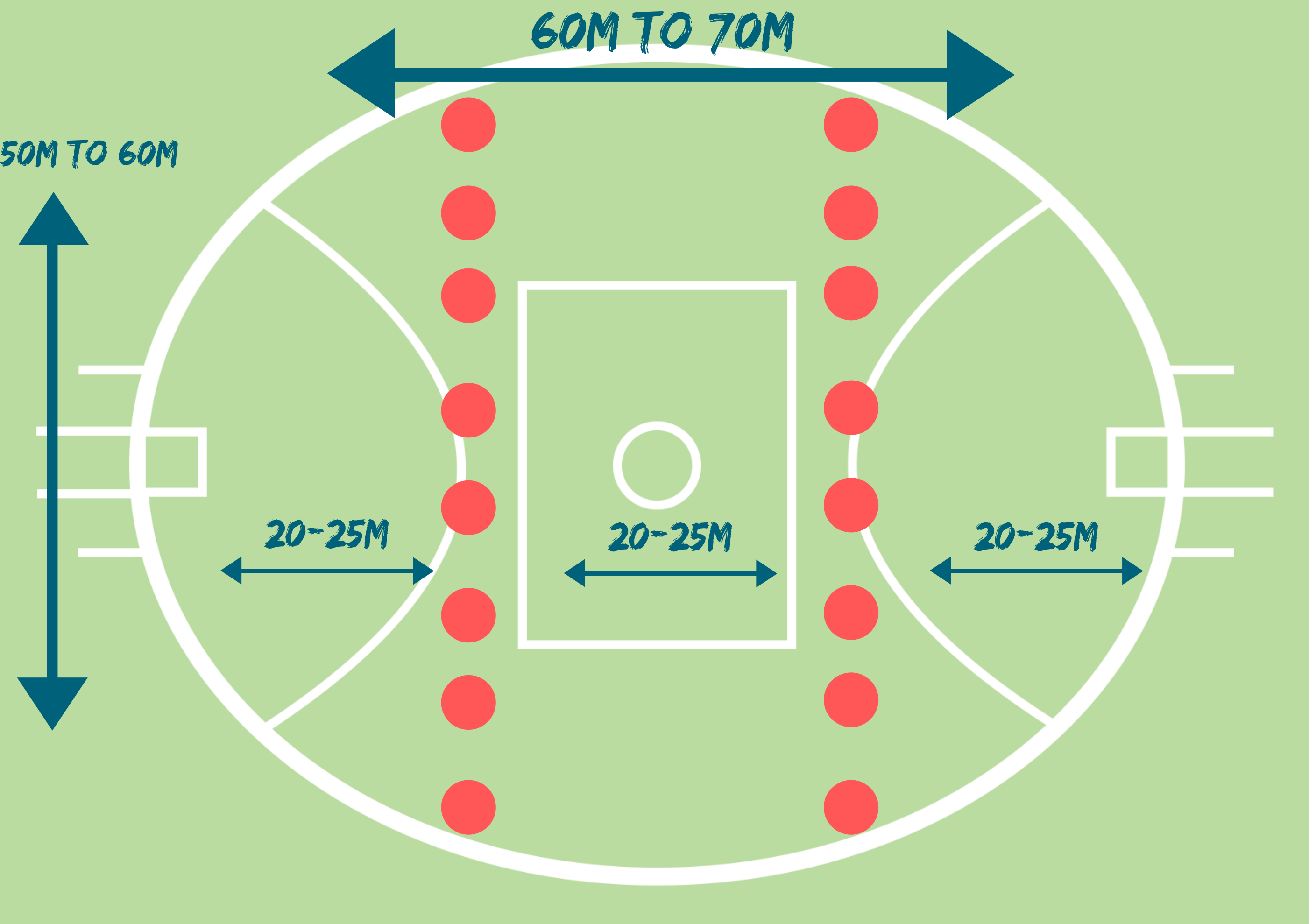
GROUND SIZE & ZONES

GROUNDS CAN BE A **MAXIMUM** OF 75 METRES LONG AND 60 METRES WIDE AND A **MINIMUM** OF 60 LONG AND 50 WIDE.

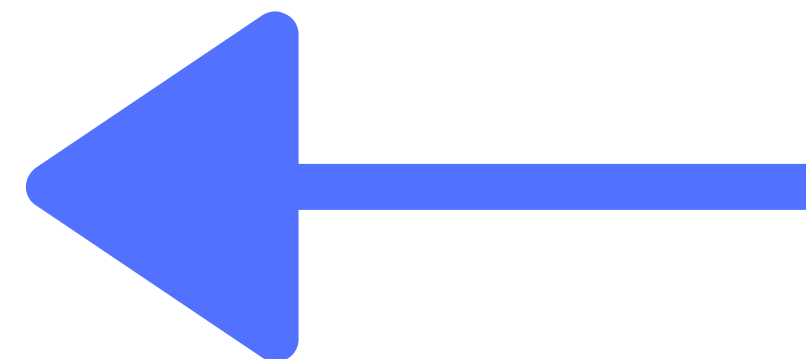
EACH GROUND WILL BE DIVIDED INTO 3 **EVEN** ZONES (EG 75 METRES LONG = 25 METRE ZONES)

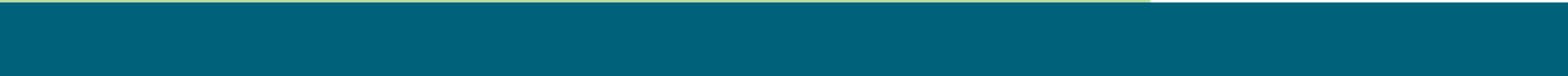
FOUR PLAYERS PER **ZONE**
PROVIDES MORE **STRUCTURE**
GIVES MORE CHANCE FOR PLAYERS TO **DEVELOP** AS A **FWD/MID/DEF**
CREATES MORE **SPACE** AND AVOIDS THE '**ROLLING MAUL**'

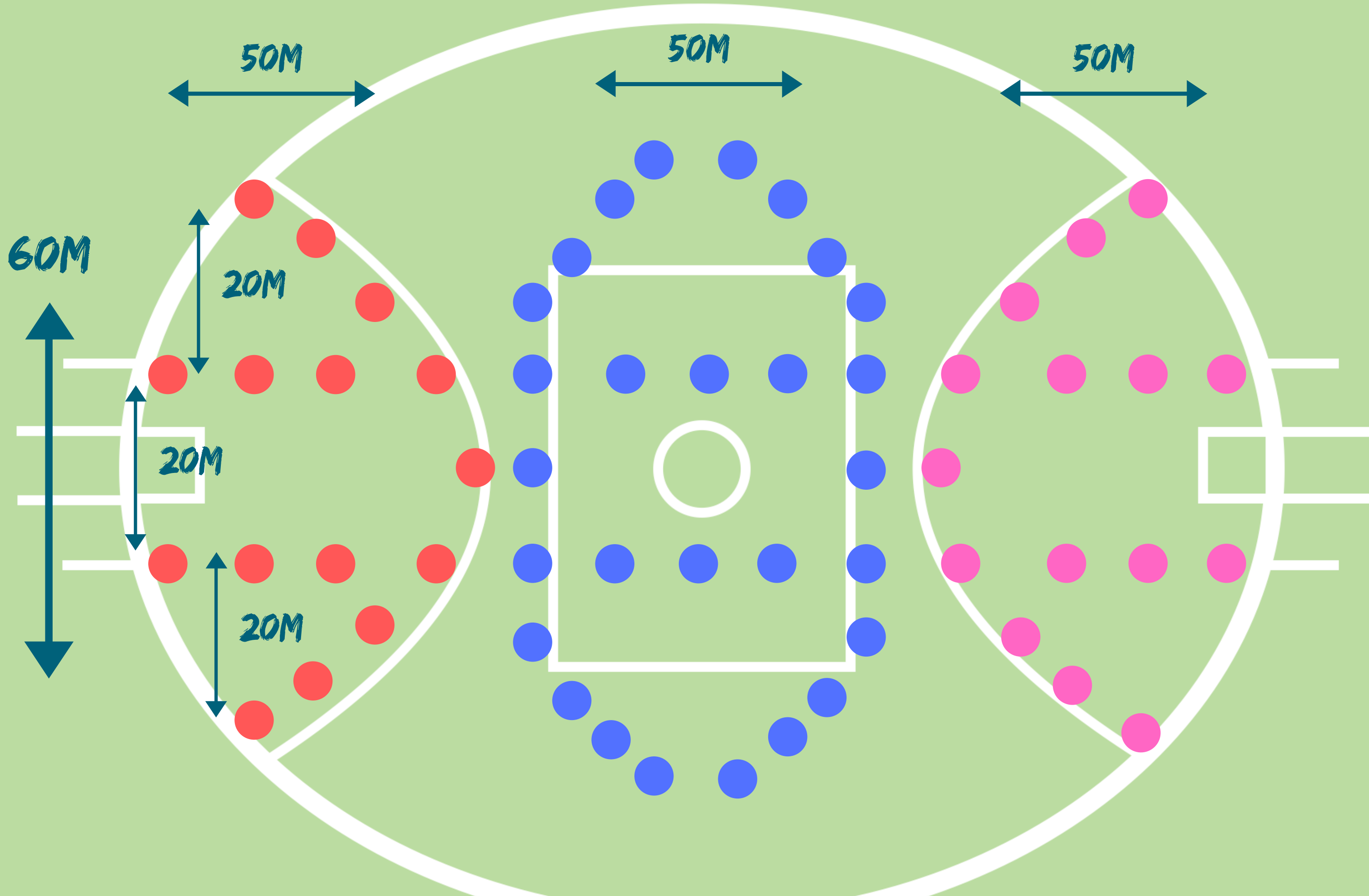




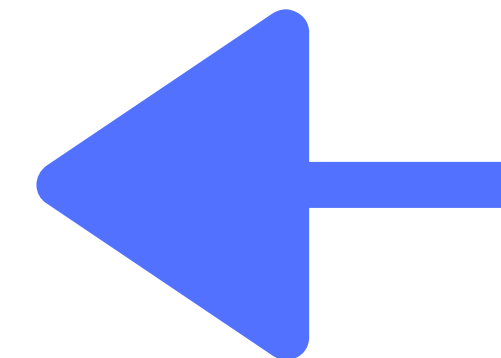
HOW AN INDIVIDUAL
UNDER NINE OVAL IS SET
UP







HOW TO SET
UP THREE
UNDER NINE
OVALS ON
ONE GROUND





12 v 12

UNDER NINE GAMES IN 2020 WILL BE **12 V 12**

LESS NUMBERS ON FIELD WILL CREATE A MORE
FREE FLOWING GAME

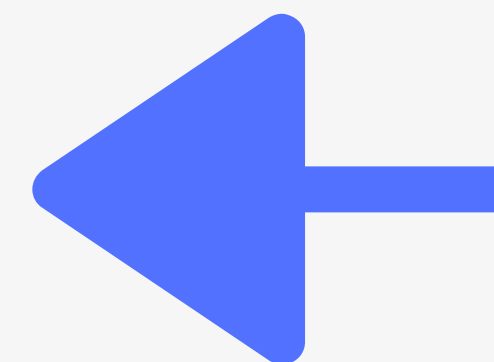
MORE **OPPORTUNITIES** FOR EACH PLAYER TO
INVOLVED IN THE GAME

MORE **DEVELOPMENT** FOR EACH PLAYER



HOW PLAYERS WILL LINE UP IN ZONES.

12 A SIDE = 4 PER ZONE



FRIDAY NIGHT STRUCTURE & LIST MANAGEMENT

EACH TEAM WILL BE SCHEDULED TO PLAY **TWO** GAMES ON FRIDAY NIGHTS, ONE AT **5:30PM** AND ONE AT **6:30PM**

WITH LESS PLAYERS ON THE FIELD AN EXTRA GAME HAS BEEN INCLUDED TO GIVE ALL PLAYERS **MORE** GAME TIME

IT IS RECOMMENDED THAT CLUBS **ROSTER/MANAGE** WHAT PLAYERS PLAY IN THE 5:30 GAME AND WHAT PLAYERS PLAY IN THE 6:30 GAME TO ENSURE AN **EVEN SPREAD OF GAME TIME**

SOME PLAYERS MAY HAVE TO PLAY TWO GAMES ON ONE NIGHT TO **ENSURE EVEN SQUADS.**



TEAMS



A **TEAM** CAN BE MADE UP OF **12 - 30 PLAYERS**

IF A CLUB HAS **30 PLAYERS OR LESS** THEY WILL BE ENCOURAGED TO HAVE JUST **ONE** TEAM, WITH TWO GAMES PER WEEKEND PROVIDING AN OPPORTUNITY FOR **TWO SQUADS** (EG **13 IN GAME ONE, 14 IN GAME TWO**)

IF **31 OR MORE** PLAYERS ARE REGISTERED FOR UNDER NINES, CLUBS WILL BE ENCOURAGED TO HAVE **TWO TEAMS**

RULES



- FOUR PLAYERS PER ZONE
- **PLAYERS CAN CROSS ZONE LINE TO RETRIEVE BALL IN GENERAL PLAY, BUT CANNOT POSITION THEMSELVES OUTSIDE 'THEIR' ZONE TO CALL FOR THE BALL**
- ONCE THE BALL HAS LEFT THE PLAYERS AREA THEY MUST RESET TO 'THEIR' ZONE
- **ALL PLAYERS WILL WEAR COLOURED WRIST BANDS TO DISTINGUISH WHICH ZONE THEY ARE IN.**
- MIDFIELDERS CAN CROSS INTO FORWARD ZONE BUT CANNOT KICK A GOAL, THEY MUST PASS AND THEN RETURN TO THE MIDFIELD ZONE
- **NO KICKING OFF THE GROUND**
- ANY DISTANCE KICK WILL BE PAID A MARK
- **TACKLING IS ALLOWED, BUT CANNOT BRING OPPONENT TO GROUND**
- FREE KICK FOR A PLAYER OUTSIDE THIER ZONE
- **LAST POSSESSION OUT OF BOUNDS**

RULES



- A DEFENDER CAN CARRY THE BALL INTO THE MIDFIELD ZONE BUT IS UNABLE TO GAIN A SECOND POSSESSION ONCE THEY HAVE DISPOSED OF THE FOOTBALL. THE PLAYER MUST THEN 'RESET' IN THE DEFENSIVE ZONE
- A PLAYER IN POSSESSION MAY BOUNCE THE BALL ONLY ONCE. THEY MUST THEN DISPOSE OF IT BY HAND OR FOOT AND MAY NOT TOUCH THE BALL AGAIN UNTIL IT HAS BEEN TOUCHED BY ANOTHER PLAYER.
- A PLAYER WHO HAS BEEN AWARDED A FREE KICK OR MARK CANNOT PLAY ON. THEY MUST GO BACK BEHIND THE MARK AND DISPOSE OF THE BALL BY KICK ONLY
- ALL SCORES SEE THE BALL RETURN TO THE CENTRE CIRCLE

COACHING PHILOSOPHIES



- TEACH FUNDAMENTALS
- **MAKE IT ENJOYABLE**
- POSITIVE REINFORCEMENT
- **PLAYERS ROTATED THROUGH EACH ZONE**
- REMEMBER THE SECOND GAME IS DESIGNED TO MAXIMISE EACH PLAYERS GAME TIME - LOOK TO ENSURE EQUAL OPPORTUNITY
- **COACHES TO COACH ON FIELD, BUT MUST BE 30 METRES FROM PLAY (SUBJECT TO REVIEW)**
- 12 PLAYERS TO PARTICIPATE AT ANY ONE TIME
- **IF OPPOSITION HAVE LOW NUMBERS, PLAYERS SHOULD BE OFFERED TO EVENLY MATCH COMPETITION**