

What happens at Pittwater Tigers Junior AFL Kickability?



Kickability is an activity for children to learn about and play Australian footy in a safe, supported and fun environment.



Kickability happens during footy season and is on Sunday mornings for 60 minutes except school holidays. It happens at “Tigerland”, a football oval at North Narrabeen Reserve.



We have our “Tigers” Clubhouse here. It has our meeting room, our canteen and toilets. I can fill up my water bottle at the water bubbler / fountain.



When I go to Kickability, I wear my footy clothing like Dane, Sophia and Isabella. I wear my footy boots or runners on my feet and I usually wear my Club Guernsey (that's an AFL word for Team Jumper), shorts and long socks. I can also wear something underneath or my own clothes.



There is a coach who helps players know what to do. The coach helps players to learn about Australian footy, the rules and skills. The coach is like a teacher.

There are also coach helpers who can help players. Also, helpers can be from players' families.



When it is time to start, the coach gets all of the players together in a group on the field. The coach may remind us about the Kickability rules and tell us what we are going to do during the session.



Kickability sessions usually include warm-up activities. We might do this with everyone in one group or in smaller groups.



Then we will practice our footy skills in fun ways. This might include kicking, marking, handballing and bouncing the ball. We usually do this in small groups. We can get help from the coaches whenever we need it.



We might play a game of Australian footy with Kickability rules. This is called a mini match. I can get lots of help.



Sometimes, players can do things other than play, like help the coaches set up, help with activities, keep score, sing cheer songs and umpire during the games. Even just having a rest is OK, I just need to tell the coaches.



The last thing we do is come together as a group.
The coach tells us what they thought about the session. The coach might tell us about what is happening next week. And we sing the Club song as best as we can!



Then, we help pack up. We might get a ride in the Tiger's buggy when we do this.



Then it is time to go home, but we can stay and watch the other teams play if we want to.

Going to Kickability can be fun!



Pittwater Tiger's Kickability Social Story is an adaptation of "AllPlay Footy" - a joint initiative by Monash University and the AFL.

AllPlay Footy was founded at Deakin University in 2015 and has been part of Monash Education since 2021.

The AllPlay Footy content and resources presented here have been developed with people with lived experience of disability, consultants from National Sporting Organisations for People with Disability, psychologists and researchers, and are brought to you with funding from a Department of Social Services Information, Linkages and Capacity Building: Social and Community Participation Stream (2020-2021) grant.

We aim to use language that is respectful to everyone.

Cartoon illustrations by Michelle Commandeur (www.commic.com.au)