

Skills & Drills



How to Bounce

Teach NAB AFL Auskickers how to bounce a football by following these simple steps!

1. Grip the ball

Start by having each Auskicker hold the football slightly on the laces with their dominant hand.

2. Step-forward

Each Auskicker is to step forward with their opposite foot from their dominant hand.

3. Aim in front

Aim the ball in the front of the body to make it easier to catch when moving forward.

4. Push the ball down

Have the Auskickers push the ball down as they step forward with their preferred hand. The ball should be pushed far enough in front of the Auskicker so the ball bounces back in their hand as they run forward.

