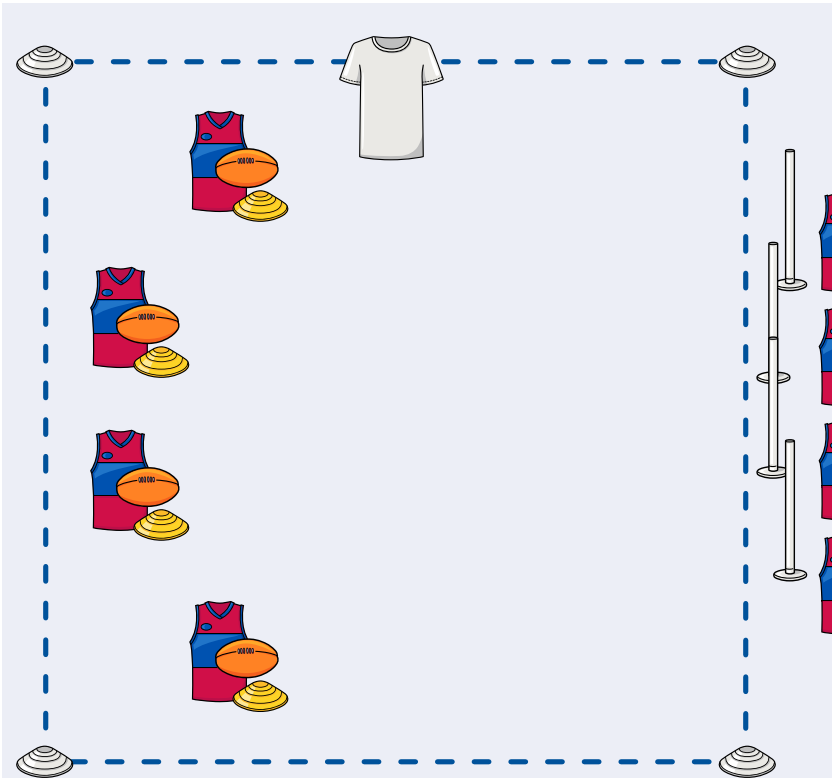




LVL
2



HOW TO PLAY

- 1 Players practise shots at goals by taking a few steps then kicking. The players behind the goals mark or retrieve the ball, then players swap over. Keep this going for a few minutes.
- 2 Next, the players kicking for goal start from further back and take a longer run-up before kicking. And after that, players run and handball to another kicker, get it back, then kick for goal on the run.

EQUIPMENT

1 ball for every two Auskickers. A stack of cones, goal posts and an adult per group.



SET-UP

Place some cones within the playing area and set the goalposts a few metres outside it.

Half the players take a ball and stand by a cone each where they will kick from. The other half of the group assemble behind the goals, ready to mark the balls.

CHANGE IT UP

- Have Auskickers try using different types of balls or try kicking with the opposite foot.
- Have players bounce or handball the ball before kicking at goal.