

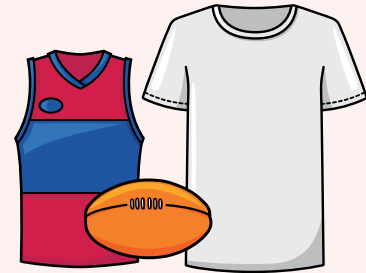
HOW TO PLAY

- 1 **For chest marks:** The adult gently throws the ball to the Auskicker so their arms can hug the ball into their chest.
- 2 **For overhead marks:** Have adults take a few steps back and hold the ball at shoulder height. The Auskicker runs forward and grabs it!
- 3 **For the “spectacular” (specky) mark:** Have adults hold the ball out to the side and higher than their shoulders. Have Auskickers run towards the ball and jump to try to grab it with their knees in the air (like a specky)!

After a few goes, have adults toss up the football (rather than holding it) for the Auskicker to catch.

EQUIPMENT

1 football or roundball and 1 adult per Auskicker.



SET-UP

The Auskicker and an adult line up opposite each other about one metre apart.

CHANGE IT UP

- Try timing the activity and see how many specky’s an Auskicker can take in 30 seconds!
- Call out different kind of marks each time so it’s different for them each time.
- If Auskickers get confident, have the adults throw the (oval) football to them so it spins backwards!