



HOW TO PLAY

- 1 A pair of attackers grab a football between them and enter the playing area by running 'Round the Bend' of the cone next to them. At the same time, a defender runs 'Round the Bend' of the cone next to them. Attackers have to get to the goal line without being tagged. If the defender intercepts the ball or tags an attacker they win.
- 2 **One point** is given if the attackers are able to run the football through the goals, **five points** if the attackers handball it through the goal and **ten points** if they kick a goal through the posts! Once points are scored, or the defender wins, start again.

EQUIPMENT

A stack of footballs, goal posts and 1 adult per group.



SET-UP

Place the goals down on the edge of the playing area. Split the group of Auskickers into two groups: attackers and defenders.

Have them line up on opposite sides of the square with the pile of footballs on the attackers' side.

CHANGE IT UP

- Have attackers pass the ball a certain amount of times or try adding more players.
- Try introducing a 'shadow' defender to follow the attackers into the playing area from behind them.