

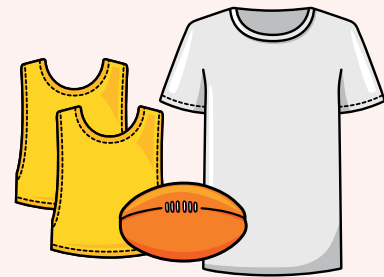


HOW TO PLAY

- 1 Auskickers (attackers) have the football and run about passing it to each other by handballing.
- 2 Defenders try to get the football for themselves, or tag an attacker who has the ball.
- 3 When they do, that's the end. The football goes back to the attackers for another go.
- 4 Be sure to swap the bibs around so everyone gets to defend and try to get the football.
- 5 Start with running and handballs. Then, if you want, slowly add in more skills like kicks and running bounces.

EQUIPMENT

2-3 bibs, 1 football and 1 adult per group.



SET-UP

Auskickers gather in the playing area.

Pick a few to wear bibs to be the "defenders", who try and get the ball.

CHANGE IT UP

- Try a version where Auskickers can't pass the football back to who just gave it to them.
- Use the other hand or different types of balls.
- See if the attackers can complete a few handballs in a row.
- Kick or handball the football to a target, such as a hoop to finish a chain of passing.
- Try increasing the number of defenders.