

ACTIVATOR ACTIVITY

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Handballing focus

GOAL BALL

ADDITIONAL ACTIVITY

Equipment

- 1 football between two Superkickers
- Bibs
- 1 helper per group



How to play

1. Attackers aim to move the football via handballing from Position A to Position B.
2. Once the first handball has been released, the defenders run from their starting position and try to intercept the ball.
3. Attackers score by moving the football past the cones at Position B.
4. Defenders score if they tag an attacker or cause a skill error.
5. Repeat as long as required then change up positions, ensuring all players take a turn of each role.

Set up

- Set up square (recommended 10 x 10 m).
- Pick a few to wear bibs and be the “defenders”, who try and get the ball. Defenders to start on Position B.
- Attackers start on Position A.
- For larger groups you may need two activity areas.

Change it up

- Try groups of five with two defenders and three attackers.
- Try getting teams to complete several passes before kicking.
- Add in goal posts to kick for goal on the run.