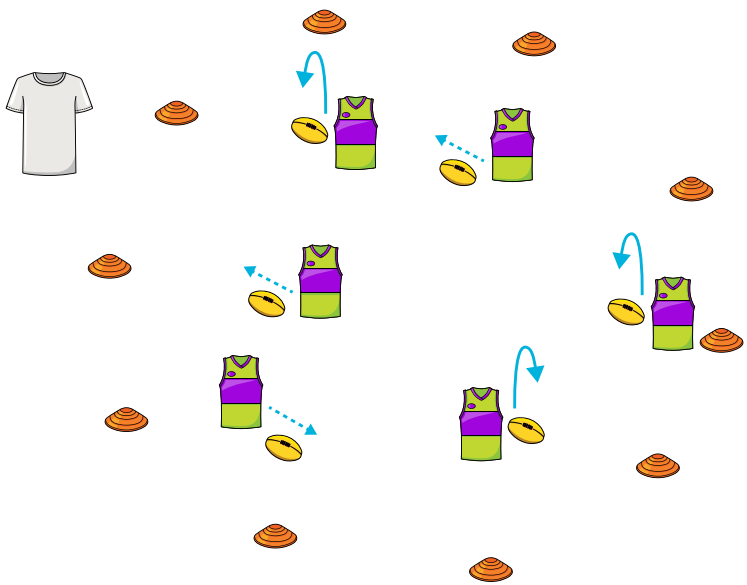



ACTIVATOR ACTIVITY

ACTIVATOR Handballing focus	MAGIC CIRCLE	ADDITIONAL ACTIVITY
		Equipment <ul style="list-style-type: none"> • 1 football per Superkicker • A stack of cones • 1 helper per group 
How to play <ol style="list-style-type: none"> 1. On “Go!”, players run around inside the circle in any direction and wait for the coaches command. 2. The coach request tasks from players. This will be a skill, followed by a number. 3. Once the coach communicates this, the player must complete the task the requested number of times. 4. Examples of tasks include: <ol style="list-style-type: none"> a. Throw the ball and clap as many times as you can before marking. b. Swap football with another player via a handball at the same time. c. Figure 8’s. d. Hold the football with one hand while running. e. Bounce the football while running. f. Dribble the football along the ground. 5. Be creative with your tasks! 		Set up <ul style="list-style-type: none"> • Set up a circle (recommended 20 metres in diameter). • All Superkickers to start with a football. Change it up <ul style="list-style-type: none"> • Complete the activity in partners. • Allow the players to set a challenge for the group.