

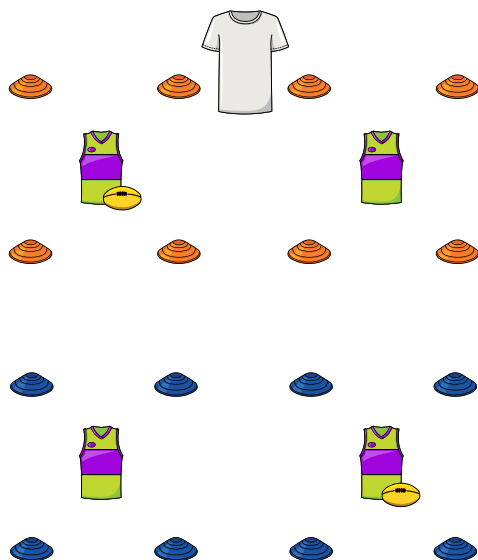
ACTIVATOR ACTIVITY

ACTIVATOR

Multiple skill focus

BASE ATTACK

WEEK 10



Equipment

- 1 football between two Superkickers
- A stack of cones
- 1 helper per group



How to play

1. Players start by standing in the middle of their squares.
2. On "Go!", players take turns to handball or kick their football into their partner's base nearby. If their ball lands in the base, they get one point. If the football is caught or lands in the moat (the space in between the bases), they don't receive points.
3. After a couple of minutes, combine pairs to make even bigger bases with more players inside. For example, go from 1 v 1, to 2 v 2, or 3 v 3 even up to 4 v 4.
4. With 2-on-2 or 4-on-4 games, players who mark the ball must handball it over to a teammate who then kicks or handballs it back to the other base.

Set up

- For every two Superkickers, set up two squares opposite each other.
- Each square is a base, with the space in between the "moat".

Change it up

- Put pressure on the player kicking through using a defender.
- Award points for when the football is caught well by the player.