

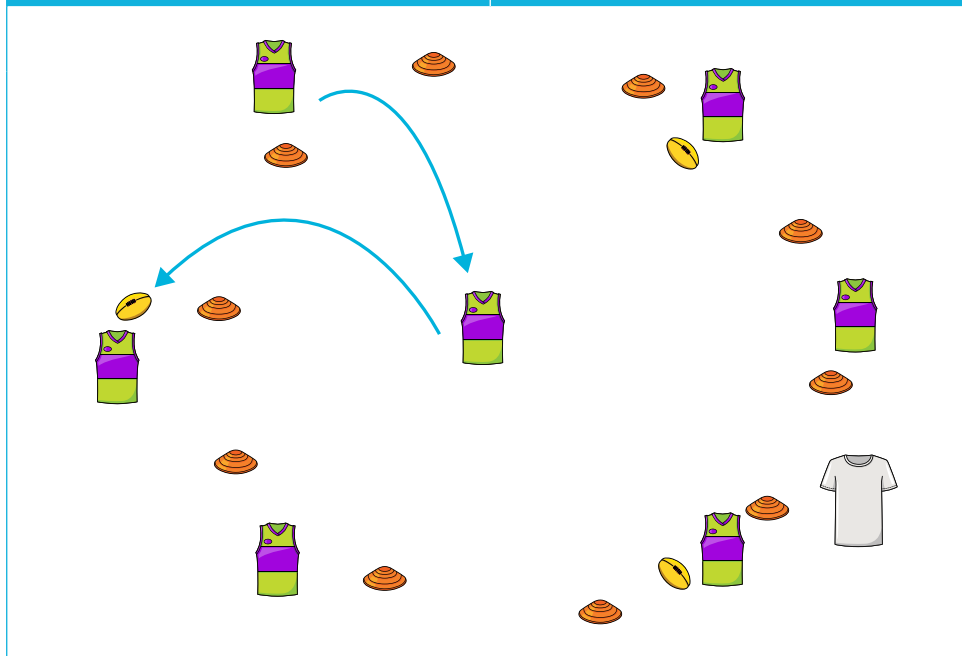
# ACTIVATOR ACTIVITY

## ACTIVATOR

Ground ball focus

## RANDOM FEEDS

## WEEK 3



## Equipment

- Footballs
- A stack of cones
- 1 helper per group



## How to play

1. On "Go!", Players outside the circle take it in turns to handball the ball in different ways (on the ground, in the air, or directly to) the feeders in the middle of the circle.
2. The Feeders aim to gather each football cleanly, and handball to a different player on the outside of the circle who does not have a football.
3. After a certain amount of time, change up the Feeders. Ensure every player has a turn of being a Feeder.

## Set up

- Set up a circle (recommended 10 metres in diameter).
- One/two Superkickers start in the circle and are known as the 'Feeders'.
- Remaining players stand around the outside of the circle. Half begin with a football.
- For larger groups you may need two activity areas.

## Change it up

- Add additional players as Feeders.
- Introduce a time limit for gathers/handballs.
- If the Feeder catches the ball one handed, swap places with the player who handballed it to them.