

ENERGISER ACTIVITY

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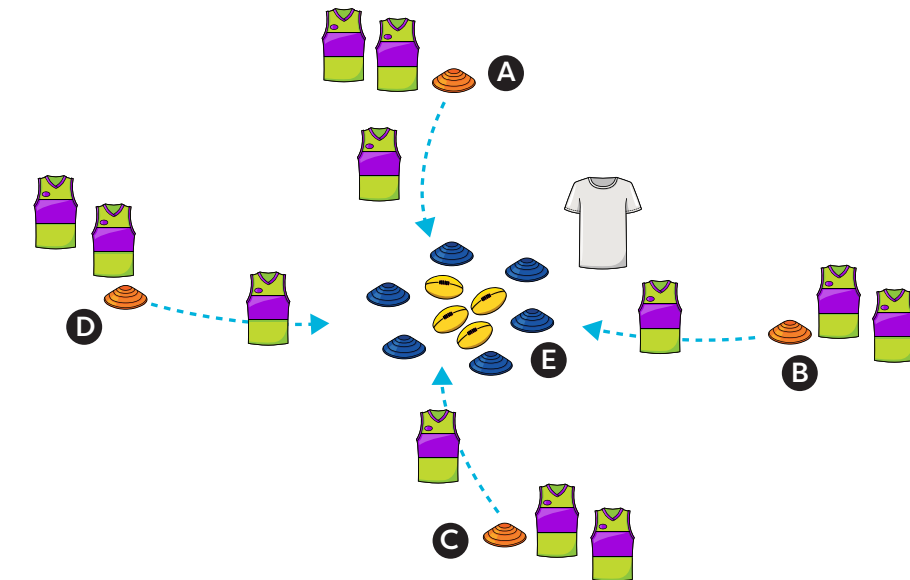
Ground ball focus

RUCKMANS TREASURE

WEEK 3

Equipment

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



How to play

1. On "Go!" one player from each group tries to steal a ball from the "Ruckman's Treasure" and run it back to their team without being caught.
2. After the first player has made it back, the next teammate has a go!
3. The Ruckman stops balls from being stolen by tagging the player while they are holding the ball. The ball goes back to the centre and the tagged player returns to their team.
4. If the centre circle is empty, players can start stealing balls from other groups. If they get tagged by an opponent while holding a ball, they return that ball back to the centre circle.

Set up

- Place cones on each corner of the activity square. These are the team bases.
- Set up a small circle of cones in the middle and put all the footballs inside. This is the Ruckman's Treasure!
- Divide the players into four groups. Each group to start at one of the bases.

Change it up

- Have players bounce the ball as they run.
- When grabbing a ball from the centre or stealing from rival groups, players can try rolling, handballing, or kicking the ball back to their group.