

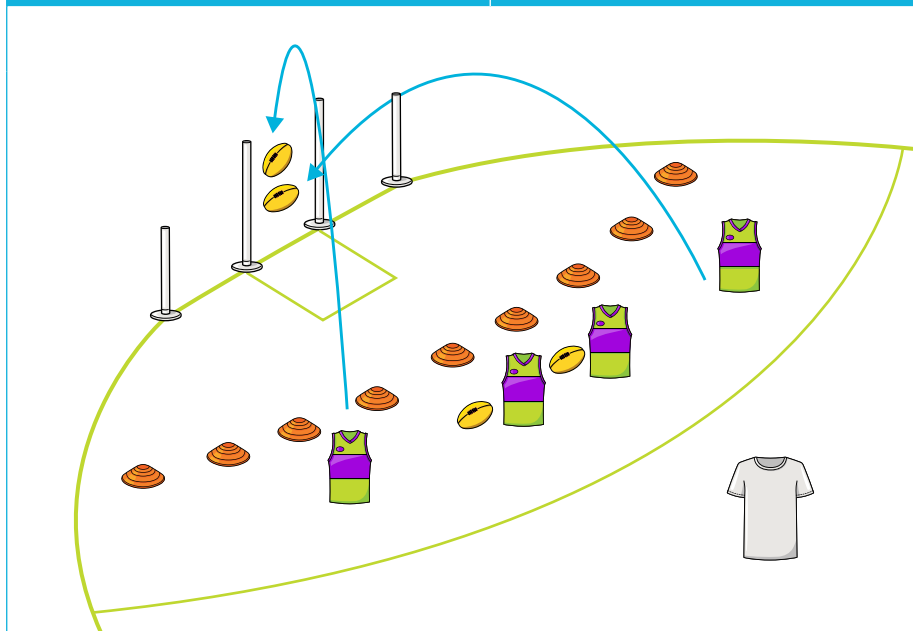
ACTIVATOR ACTIVITY

ACTIVATOR

Goal kicking focus

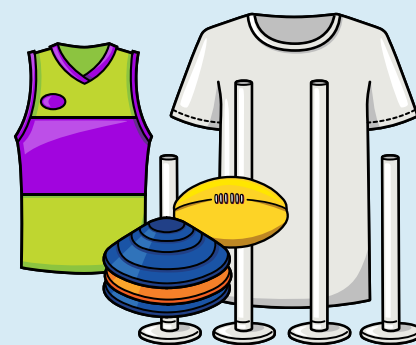
GOAL STORM

WEEK 4



Equipment

- Goal posts
- 1 football per Superkicker
- A stack of cones
- 1 helper per group



How to play

1. On "Go!", players kick for goal, aiming between the larger goal posts.
2. Once kicked, players gather their football and return to a different cone to continue.
3. Once all players have kicked from all cones, swap the cone distances, angles, and repeat.

Set up

- Set up goal posts and a semi-circle of cones about 10-20 metres away.
- Divide the Superkickers equally around the semi circle, with everyone having a football.

Change it up

- Set up multiple sets of goals.
- Try having players roll the ball, gather and kick on the run.
- Partner up and have partner stand behind goals to return the football.
- Challenge players to not move from a cone unless they kick the goal.