

# ENERGISER ACTIVITY

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Handballing focus

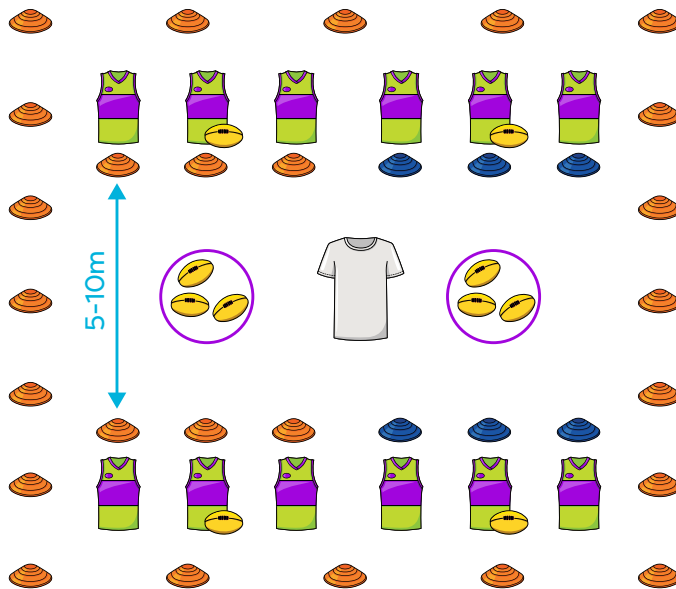
## WEME

(Pronounced 'we-me')

## WEEK 5

### Equipment

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



### How to play

Traditional first nations activity, origins: Walbiri people of Central Australia.

1. On "Go!", players attempt to handpass their footballs at the balls in the middle and knock them out of the circle.
2. Players must stay behind their line and focus on hitting the footballs.
3. First team to clear their circle wins!
4. Reset and repeat.

### Set up

- Inside a square (recommended 15 x 15m), set up a line in each corner to be used as bases.
- Set up two small circles and place footballs inside.
- Divide the group into two teams and in half again.
- Superkickers to face each other from either ends base.

### Change it up

- Increase distance between teams and centre circles.
- Try opposite hand.