

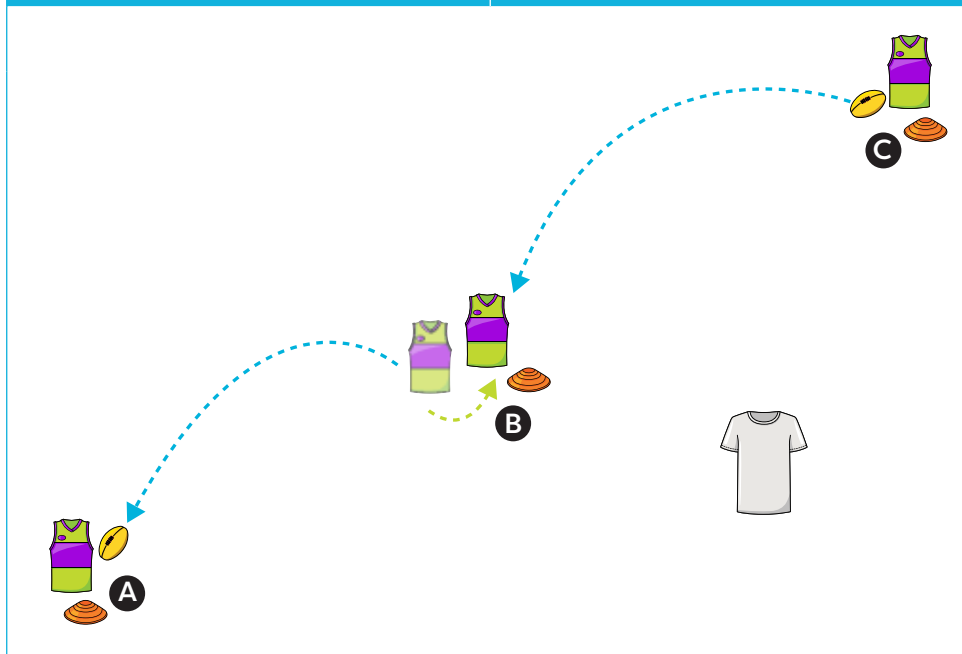
ACTIVATOR ACTIVITY

ACTIVATOR

Marking focus

RAPID FIRE

WEEK 6



Equipment

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



How to play

1. Player on cone A starts with the football and kicks to the player on cone B, who marks and immediately kicks back to player on cone A.
2. Player on cone B turns and receives the football from player on cone C and immediately kicks back to player on cone C.
3. Repeat as long as required then change up positions, ensuring all players take a turn of each role.
4. Coach to determine which type of marks all players should use (chest mark, out in front, above head).

Set up

- Set up 3 cones 10 metres apart in a straight line per group of three Superkickers.
- Each cone is either A, B, or C.
- Divide into groups of 3 and ask each player to stand on A, B or C.
- Player on cone A starts with the football.

Change it up

- Try different types of kicks.
- Kick on the run, not stationary.
- Roll the ball on the ground and gather before kicking.