

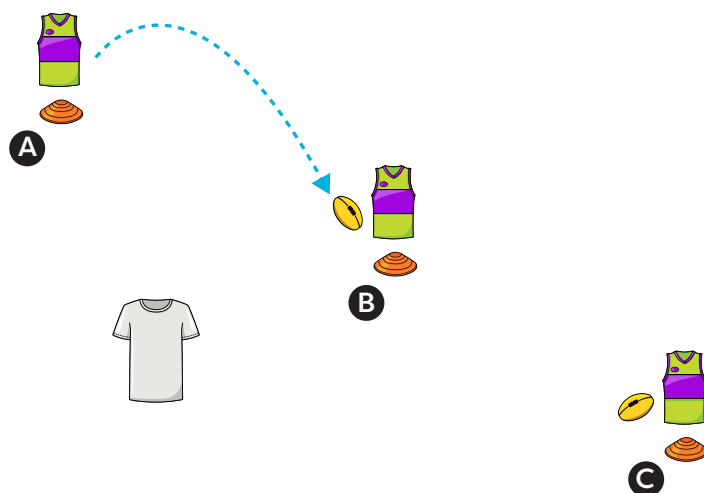
ACTIVATOR ACTIVITY

ACTIVATOR

Ground ball focus

GROUND BALL MANIA

WEEK 8



Equipment

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



How to play

1. On "Go!", player on cone A handballs along the ground to the player on cone B.
2. The player on cone B gathers and returns the ball via handball, and turns to receive the football from the player on cone C.
3. The player on cone C handballs along the ground to the player on cone B, who returns via a handball.
4. Repeat as long as required then change up positions, ensuring all players take a turn of each role.

Set up

- Set up 3 cones 5 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 and C both start with a football.

Change it up

- Pick up the football on both sides of the body.
- Continuous play – after 5 ground balls, players automatically swap rolls (no pausing!)