

ENERGISER ACTIVITY

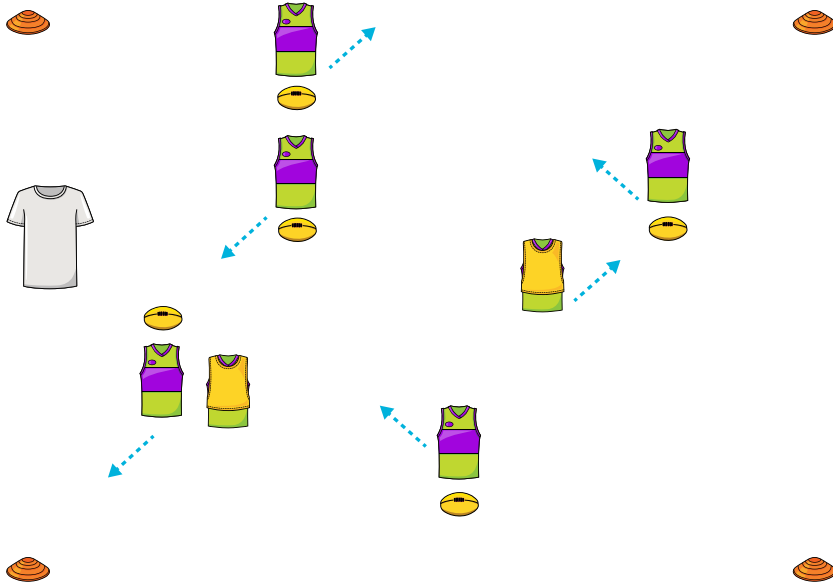


ENERGISER ACTIVITY

Multiple skill focus

FOOTY TAG

WEEK 8



Equipment

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



How to play

1. On "Go!", players run around the square evading the defenders.
2. When a defender tags a player, that player must stop and stand still holding the football above their head, and with their legs apart.
3. An untagged player must handball their football through the legs of the tagged player and regather the football. The tagged player is now free.
4. After a designated time, swap the defenders.

Set up

- Inside a square (recommended 10 x 10 m), Superkickers each start with a football.
- Two Superkickers wear a bib and stand in the centre as defenders.

Change it up

- Increase the amount of defenders.
- Players must bounce the ball every 10 steps.
- Swap handballing through legs to handballing at a tagged player. The tagged player must catch and release cleanly to be freed.