

# ENERGISER ACTIVITY

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Marking focus

## ESCAPE THE CHAOS

## WEEK 9

### Equipment

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



### How to play

1. When the coach says "Go!", players on the inside of the square handball their football to a player on the outside, then run out of the square waiting to receive a different football.
2. Once the outside player receives the football, they run into the square, then handball back out.
3. Repeat and have fun!
4. Try having players inside the square place their ball on the ground, then run and gather a different football before handballing to the outside.
5. Coach to determine which type of marks all players should use (chest mark, out in front, above head).

### Set up

- Lay your cones out inside a square (recommended 15 x 15 m).
- Divide Superkickers into two teams.
- The first team stands inside the square playing area while the second team stands outside.
- Players inside the square start with a football.

### Change it up

- Reverse it by having players on the outside of the square starting with the ball. They handball to players on the inside, who take the mark and run to the outside.
- Try taking a bounce before handballing or including a defender within the playing area.