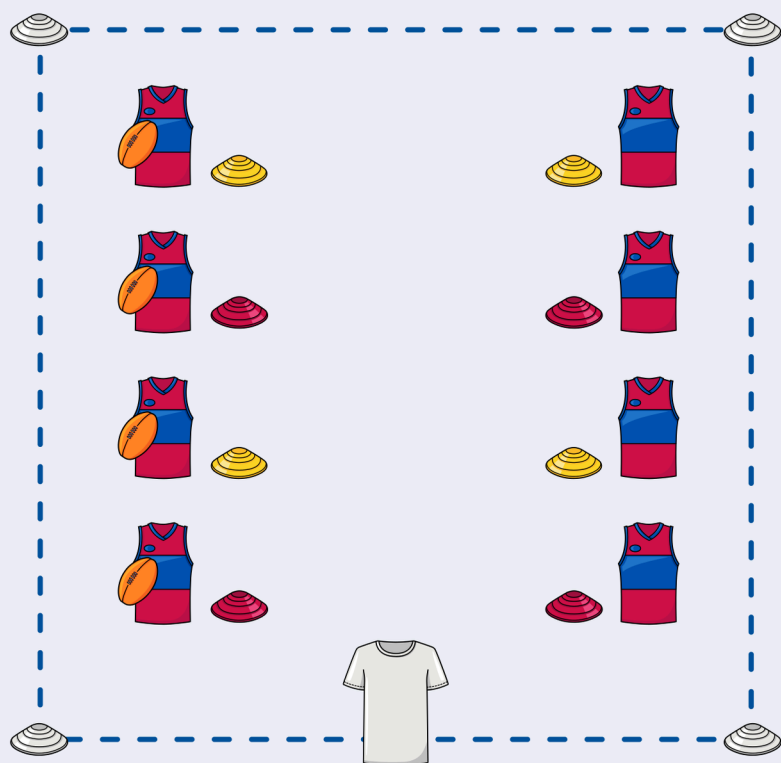


GIVE AND GO



HOW TO PLAY

- 1 When you say “go”, player one rolls the ball towards player two, then follows the ball towards player two to get within close handballing distance.
- 2 Player two gathers the ball and immediately handballs to player one, who grabs it, and runs back to their starting cone.
- 3 Repeat at least five times and then swap roles.
- 4 Next, have player one throw the ball high up in the air towards player two so that it bounces between them.
- 5 Player two must try to gather the ball after only one bounce.

EQUIPMENT

1 football and 2 cones for every pair of Auskickers. An adult per group.



SET-UP

Place cones two to three metres apart. Send an Auskicker to each cone and give one a football. Keep putting down more sets of cones until there is a set of cones for each pair of Auskickers. Feel free to adjust the distances between cones.

CHANGE IT UP

- Have player two start with their back towards their partner, who will yell “turn” just before passing the ball.
- Have the players pass the ball at different speeds and angles.