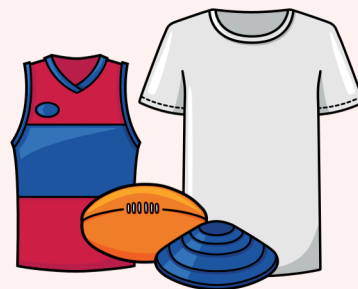


## HOW TO PLAY

- 1** Auskickers race forward, pick up the ball and hand it to the adult. They then run around the adult, receive the ball back and return it to the middle as they make their way back to their starting cone. Do this a few times!
- 2** Auskickers then progress to throwing or handballing the football to the adult once they've picked it up. Followed by running around the adult and back to the cone.
- 3** The adult can even roll the ball to the Auskicker, which they then run and pick up and handball it back.
- 4** After a bit the Auskicker and adult can handball the football back and forth!

## EQUIPMENT

1 football, 1 cone and 1 adult per Auskicker.



## SET-UP

Place cones in a line on the ground with each Auskicker standing behind a cone.

A few metres away the adult stands facing them with the football on the ground halfway between them.

## CHANGE IT UP

- Get the adult and the Auskicker standing further apart.
- Ask the Auskickers to try using their opposite hand to handball – even if it's wonky!
- Use a timer. See how many handballs they can do in 30 seconds!