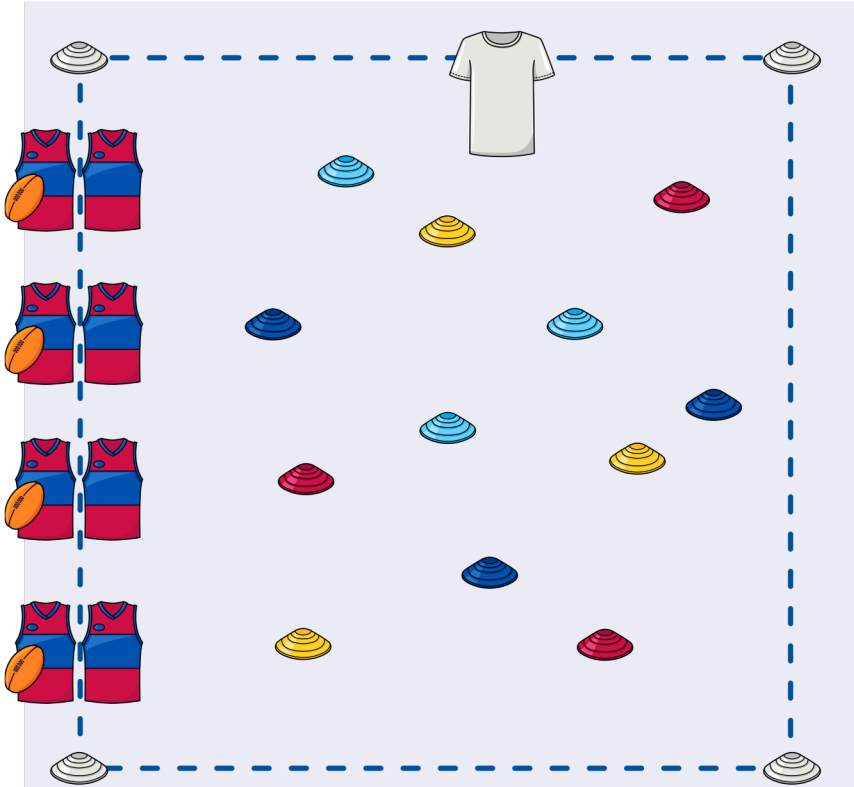


# HANDBALL HOTSHOTS



## HOW TO PLAY

- 1** When you say “Go”, player one runs towards a cone with player two following a few steps behind carrying the football.
- 2** Once player one reaches the cone, they turn and receive a handball from player two.
- 3** Then they swap roles.
- 4** Player two runs towards a new cone and player one follows ready to give a handball.
- 5** Then keep going.

## EQUIPMENT

A football for every pair of Auskickers. A stack of cones and at least one adult per group.



## SET-UP

Scatter the cones around the playing area and place Auskickers into pairs.

Pairs stand on the edge of the playing area and one player from each pair has a football.

## CHANGE IT UP

- Try making a rule that only allows pairs to handball to cones of a certain colour.
- Have a race to see which pair can handball to every cone first.
- Add a bounce before players handball.