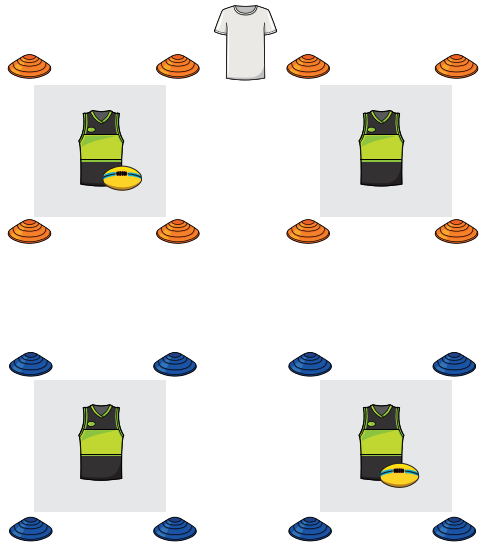
BASE ATTACK

LEVEL 3 4

ACTIVATOR ACTIVITY

LEVEL 3: WEEK 1 & 6
LEVEL 4: WEEK 5 & 10



EQUIPMENT

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



HOW TO PLAY

1. On "Go!", players take turns to handball/kick their football into their partner's base.
2. If their ball lands in the base, they get one point. If the football is caught or lands in the "moat", they don't receive a point.
3. Continue until all players have at least 10 handballs or kicks, then change partners.

SUPERCHARGE THE ACTIVITY (LEVEL 4)

1. Larger teams and bases.
2. Now that teams are bigger, players must handball the ball within the team before kicking it over to the other base.

SET UP

- For every two Superkickers, set up two squares opposite each other.
- Each square is a base, the space between is the "moat".
- Position players in each square, one starts with a football.

SUPERCHARGE

- Combine pairs to make larger bases and teams.
- For example, go from 1 v 1, to 2 v 2, 3 v 3 or even up to 4 v 4.

TEACHING POINTS

Kicking to space: Aim to disguise the kick and look for areas where there are no other players, and kick quickly!

Handballing: Ensure body is facing the target, aim towards target, swing and strike the end of the football, catch your fist as you follow through.

CHANGE IT UP

- Put pressure on the player kicking through using a defender.
- Try different marking types (chest, overhead, out in front).
- Award points for marks.
- Utilise non dominant hand and foot.