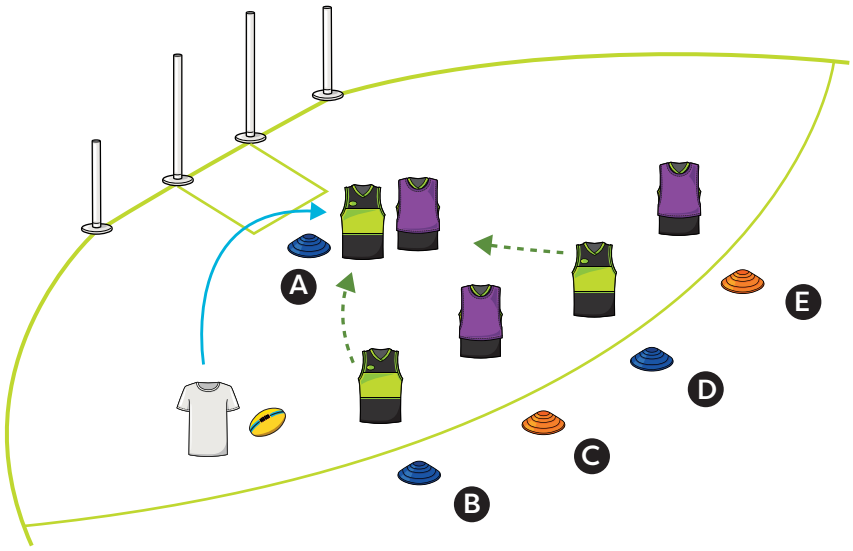
CRUMB AND GET IT

LEVEL 4

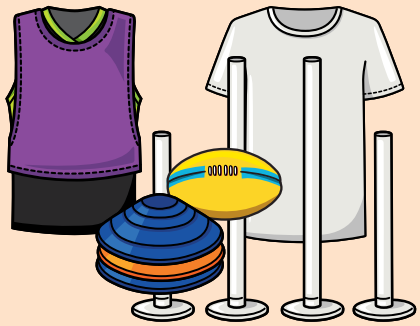
ACTIVATOR ACTIVITY



ADDITIONAL ACTIVITY

EQUIPMENT

- 5-6 footballs
- Goal posts
- Bibs
- Stack of cones
- 1-2 helpers per group



HOW TO PLAY

1. The Facilitator kicks the football to Position A where two players (attacker and defender) compete for a mark/bring the ball to ground.
2. Players at Positions B-E run toward the contest.
3. Attackers aim to gather and work together to kick a goal.
4. Defenders aim to win possession and move the ball back past the starting positions.
5. Once there is a result, all players return to their positions and the activity restarts.
6. Rotate players through attacking and defending.

SET UP

- Set up a cone 10m from goals, and the rest a further 10-15m away in a line (four total).
- Divide the group into two teams, attackers and defenders.
- Defenders wear bibs.
- Send a player from each team to Position A.
- Send all remaining attackers to Positions B and D.
- Send all remaining defenders to Positions C and E.

TEACHING POINTS

Kicking: Aim to kick drop punts – hands down the side of the ball, laces to target, swing/kick, point toes, follow through.

Marking: Players should use their voice to communicate who is going for the mark and ensure eyes remain on the ball, hands out like a big 'W', and grab it at the highest point.

Ground balls: Body behind the ball, get low, use two hands to scoop/grab the football, eyes up ready to release.

CHANGE IT UP

- Start with only attackers, then introduce defenders.
- Kick the ball to Position A in different ways (high, low, ground).
- Introduce a 2-3 handball rule before kicking a goal or moving the ball back past the starting positions.