

ACTIVATOR ACTIVITY	ADDITIONAL ACTIVITY	EQUIPMENT
		<ul style="list-style-type: none"> • 1 football • Bibs • Stack of cones • 1 helper per group
HOW TO PLAY	SET UP	
<ol style="list-style-type: none"> 1. The starting team passes the ball via handballing and aims to get it to their teammate on the scoring line. 2. Players can only move when they do not have the football and must stay within their zone and not move across zones. 3. The ball must pass through each zone before reaching the scoring line and players cannot run once they have the ball. 4. Once the ball gets to the player on the scoring line, a point is scored, and the ball is returned to the centre and given to the other team. 5. If a defender intercepts the ball, the defenders become the attackers and the game continues. 6. Keep a total and see who wins. 	<ul style="list-style-type: none"> • Set up a square playing area. • Split the area into three zones with two lines of different coloured markers down the middle. • Divide the players into two teams, one wears bibs. • One player from each team stands on opposite edges of the playing area (these are the “scoring lines”). • The remaining players from both teams spread out evenly across the three zones. 	
TEACHING POINTS	CHANGE IT UP	
<p>Marking: Players should use their voice to communicate who is going for the mark and ensure eyes on the ball, hands out like a big ‘W’, and grab it at the highest point.</p> <p>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.</p>	<ul style="list-style-type: none"> • Allow players to move with the ball. • Remove a zone (two zones total). 	