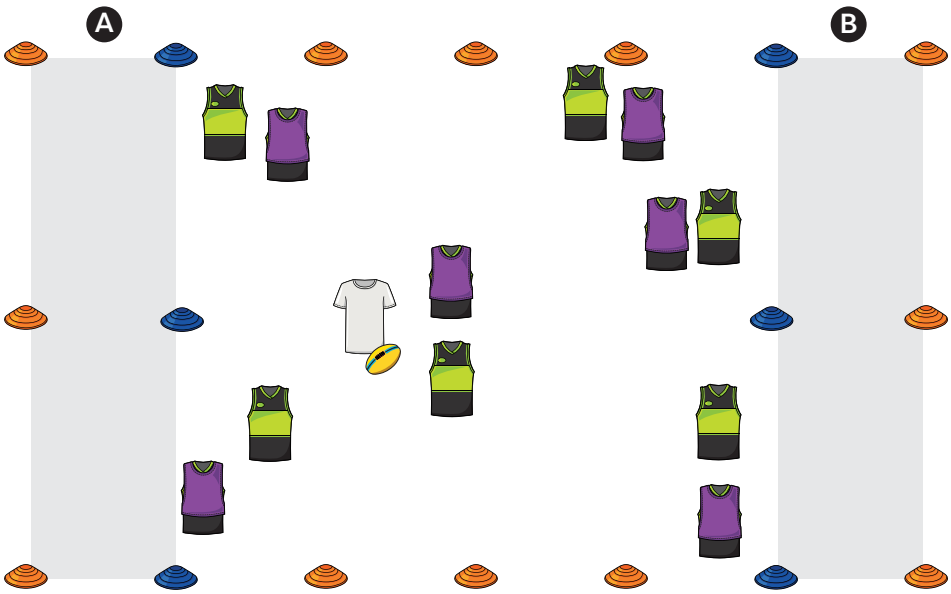
END ZONE

LEVEL 4

AFL Superkick

ACTIVATOR ACTIVITY



ADDITIONAL ACTIVITY

EQUIPMENT

- 1 football
- Bibs
- Stack of cones
- 1-2 helpers per group



HOW TO PLAY

1. The Facilitator starts the game with a ball up-contest in the middle of the field.
2. Each team can score at either end by kicking to a teammate in the scoring zone.
3. Start with a 10m minimum kick rule, and scoring can only be completed by a kick and a mark completion in the scoring zone.
4. Handballing doesn't count and if the ball goes out of bounds, then it is a turnover.
5. Tag/touch rule applies – three seconds to dispose of the ball or turnovers occur.
6. Once a score is achieved, the football is returned to the middle.

SET UP

- Set up a large rectangle and ensure there is a 5-10m scoring zone at each end.
- Divide players into two teams, with one wearing bibs.
- Players should spread out across the playing area and stand next to an opponent.
- Facilitator starts with the football in the middle of the field.
- For larger groups, you may need two activity areas.

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 on the ball, hands out like a big 'W', and grab it at the highest point.

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

- Start with handballing before moving into kicking – reduce the end zone to a small square.
- After a score, the previously defending team receives the ball from their defensive zone/ middle of field.
- Teams have specific end zones for scoring (not both ends).