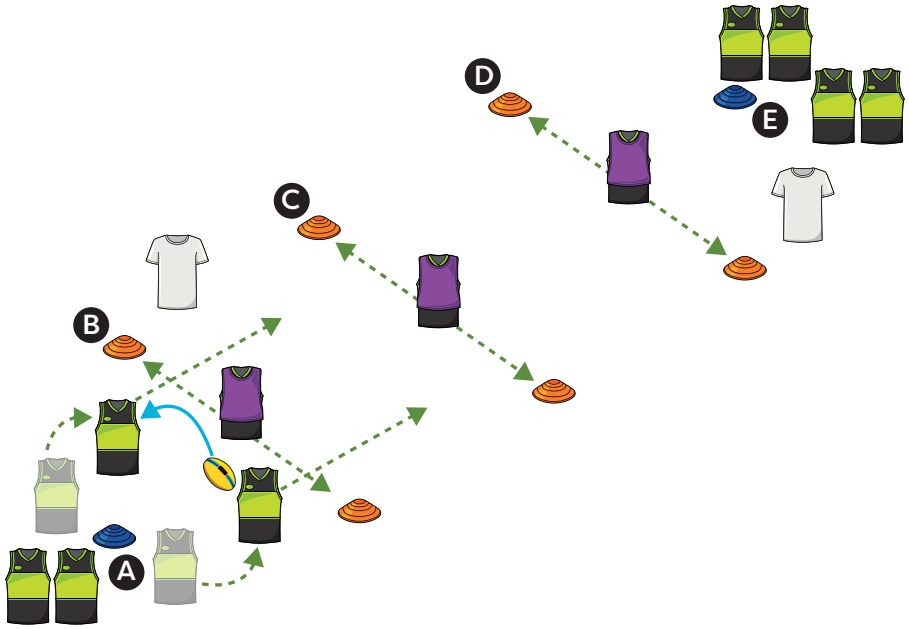
END TO END

LEVEL 3

ACTIVATOR ACTIVITY | WEEK 5 & 10



EQUIPMENT

- 1 football between two Superkickers
- Goal posts
- Bibs
- Stack of cones
- 1-2 helpers per group



HOW TO PLAY

1. Attackers move the ball via handballing from Position A to E.
2. On "Go!" the first handball is released, then defenders may start to move side to side only, not forward/backwards and aim to intercept the ball.
3. Attackers score by moving the football past each defender and reaching Position E.
4. Defenders score if they tag an attacker, cause a skill error or intercept.
5. Once attackers reach Position E, they handball to the two attackers waiting and the activity runs in reverse.
6. Rotate pairs and roles throughout.

SUPERCHARGE THE ACTIVITY

1. All attackers now start at Position A in a pair or group of three.
2. Defenders continue moving side to side aiming to tag/intercept.
3. Attackers move the ball through each Position and once they reach Position D, they kick for goal.

SET UP

- Place three cones in a straight line and another three 10m directly opposite the first three to create three lanes (Positions B, C and D).
- 5m back from the cones at Position B and D, place two cones in the middle to form Position A and E.
- Place one defender at Positions B, C, D.
- Remaining players pair up as attackers and start at Position A and E.

SUPERCHARGE

- Replace Position E with a set of goal posts.

TEACHING POINTS

Evasion:

- Change speed & direction – slow down, fake one way, then burst the other.
- Use space – run into open grass, avoid traffic.
- Protect the ball – carry on the outside arm, eyes up.

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, then move to kicking.
- Try adding a bounce before kicking.
- Have pairs race to see who can receive a mark in every square first.
- Add a roaming defender who tries to intercept the ball.