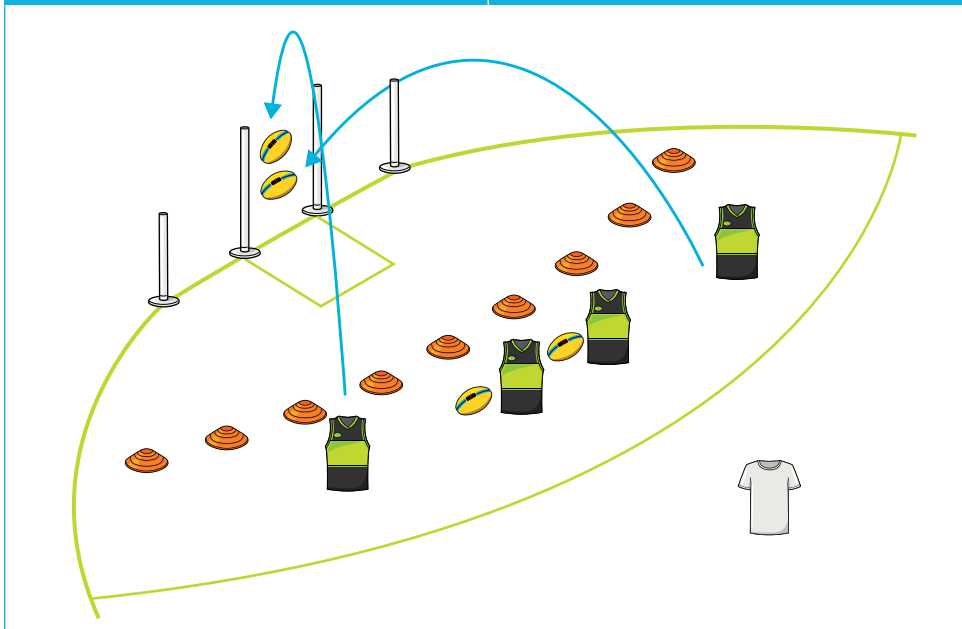


## ENERGISER ACTIVITY

WEEK 4 & 9

## EQUIPMENT



- 1 football per Superkicker
- Goal posts
- A stack of cones
- 1-2 helpers per group



## HOW TO PLAY

1. On "Go!", players kick for goal, aiming between the larger posts.
2. Once kicked, players gather their football and return to a different cone to continue, regardless of if they kicked the goal or not.
3. Once all players have kicked from all cones, swap the cone distances, angles, locations and repeat.

### SUPERCHARGE THE ACTIVITY (LEVEL 4)

1. Each player on either team is given a number (1, 2, 3 etc)
2. When the facilitator yells the number, the corresponding players from each team must pick up their football, run to the back of the line, enter into laneway and face the goals.
3. Once in range, players kick for goal, then collect their football and return to their cone.
4. Each goal is worth 6 points, for their team. The team which ends up with the most points once all players have had a turn wins.

## SET UP

- Set up goalposts and a semi-circle of cones about 10-20 metres away from goals.
- Spread the Superkickers equally across the semi-circle. Ensure all players have a football.

### SUPERCHARGE

- Set up cones in train track formation 5-10m in front of goals.
- Allow 5m between each train track, known as the laneway.
- Divide into two teams, players stand on a cone, each have a football on the ground next to them.

## TEACHING POINTS

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

**Goal kicking:** Look for a something behind the goals as your target, when kicking on the run, focus on the ball drop directly over the foot, look forward when kicking, and point your toes towards your target.

## CHANGE IT UP

- Set up multiple sets of goals for goal kicking chaos.!
- Try having players roll the ball, gather and kick on the run.
- **Supercharge:** Move the footballs within the laneway, and have players pick these up on the run.