

ACTIVATOR ACTIVITY	WEEK 5 & 10	EQUIPMENT
		<ul style="list-style-type: none"> • 1 football between two Superkickers • Goal posts • A stack of cones • 1 helper per group
<h3>HOW TO PLAY</h3>	<h3>SET UP</h3>	<ul style="list-style-type: none"> • Set up several small squares or 'Islands' within the activity space. • Players start in pairs on an island, with one player holding the football. • Make sure there are more islands than pairs. • For larger groups, you may need two activity areas.
<ol style="list-style-type: none"> 1. On "Go!", players without the ball runs to a separate island to receive a handball or kick from their partner. The player who disposed of the ball then runs to another island to receive the ball back from their teammate. 2. Keep going for a few minutes then change the pairings. 3. Try to have the players run to empty islands, when possible, to avoid things getting crowded. <h3>SUPERCHARGE THE ACTIVITY</h3> <ol style="list-style-type: none"> 1. Pairs continue to move island to island, however on "Go!", the player with the football becomes the attacker, and the player without is the defender. 2. Attackers must find the closest goals and kick the ball. 3. Defenders must try and tag the attackers before kicking. 4. For every goal scored, attackers receive one point, and for every tag a defender scores one point. 	<ul style="list-style-type: none"> • Set up goals on one or two sides of the activity area. <h3>SUPERCHARGE</h3>	
<h3>TEACHING POINTS</h3> <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> <p>Kicking: Aim to kick drop punts – hands down the side of the ball, laces to target, swing/kick, follow through.</p>	<h3>CHANGE IT UP</h3> <ul style="list-style-type: none"> • Start with handballing, then move to kicking. • Add a bounce before kicking. • Pairs race to see who can receive a mark in every square first. 	