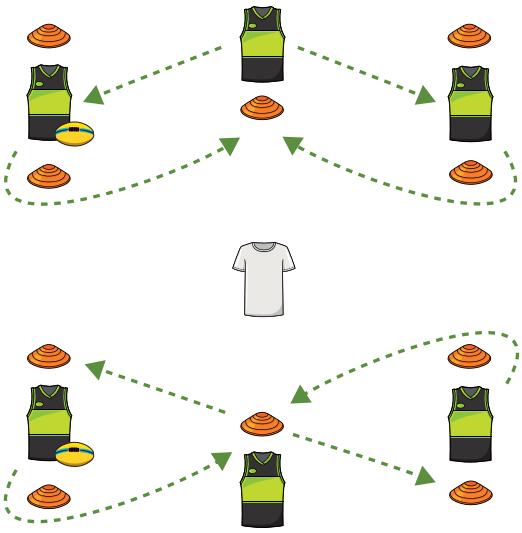
KICK 'N' CHAOS

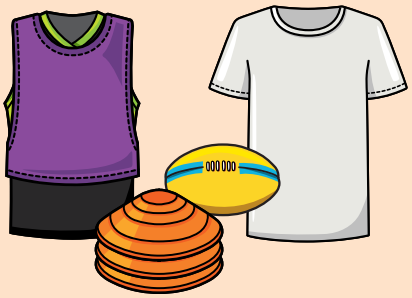
LEVEL 3 4

ACTIVATOR ACTIVITY | ADDITIONAL ACTIVITY



EQUIPMENT

- 1 football between three Superkickers
- Bibs
- Stack of cones
- 1-2 helpers per group



HOW TO PLAY

1. The player with the football starts by facing away from the others.
2. They must run to their left or right around the cone, then kick to the player in the middle.
3. The player in the middle marks or retrieves the ball and turns and kicks to the player at the other end.
4. Then the game repeats. Players swap positions after a few turns.
5. Replicate the set up as many times as you need to suit the numbers in your group.

SUPERCHARGE THE ACTIVITY (LEVEL 4)

1. Have two players in the middle competing for the ball.

SET UP

- Set up multiple long skinny rectangles, then place a cone in the middle.
- One player should stand at each end between the cones. One starts with the football.
- The third player stands at the middle cone.
- For larger groups, you may need multiple activity areas.

SUPERCHARGE

- Give each defender a bib.

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.

CHANGE IT UP

- Player in the middle could lead for the ball on an angle.
- Change up kicking styles/non-dominant foot.
- Add goals to one end, on the whistle the player with the football tries to score.