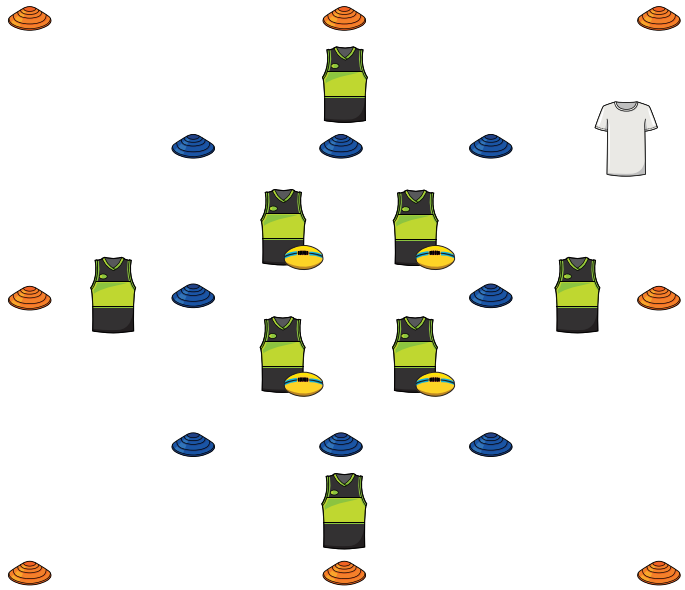
MAZE RUNNER

LEVEL 3

ACTIVATOR ACTIVITY | WEEK 3 & 8



EQUIPMENT

- 1 football per Superkicker
- A stack of cones
- Bibs
- 1 helper per group



HOW TO PLAY

1. On “Go!” players handball their football to a player on the outside, then run out of the square waiting to receive a different football.
2. Once the outside player receives the football, they run into the square, then handball back out to a different player.
3. Keep it moving - enjoy the chaos!

SUPERCHARGE THE ACTIVITY

1. Inside players are “Runners” and outside players are “Monsters”.
2. On “Go!”, Runners handball to each other and are on the move.
3. When a gap opens, the ball carrier tries to “break out” by running through a side of the maze without being tagged.
4. Once a break starts, all Monsters can chase the Runners.
5. After escaping through a side, it can’t be used again. Continue until all sides are used, then swap the teams over.

SET UP

- Set up a large and within it, a smaller square.
- Divide players into two groups.
- One group stands inside the square playing area, with the others standing on the outside.
- Players inside the square start with the football.
- For larger groups, you may need two activity areas.

SUPERCHARGE

- Runners to wear bibs.

TEACHING POINTS

Handballing: Ensure body is facing the target, aim towards target, swing and strike the end of the football, catch your fist as the 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

- Take a bounce before handballing.
- Try different marking types (chest, overhead, out in front).
- **Supercharge**: Minimum number of handballs before a maze break.
- **Supercharge**: Don’t limit monsters to a side, let them roam!
- **Supercharge**: Have two balls in action at once.