METEOR STRIKE

LEVEL 4

ENERGISER ACTIVITY | WEEK 1 & 6

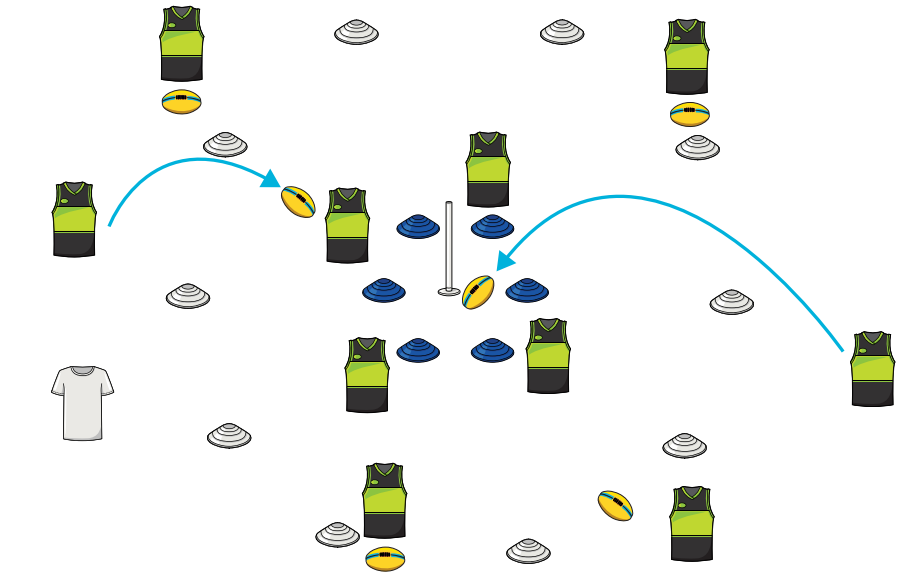
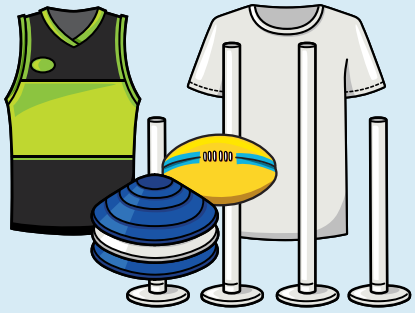


Image is the Supercharged version.

EQUIPMENT

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



HOW TO PLAY

1. On "Go!", attackers kick their footballs aiming at the goal post.
2. Players get points each time they hit the target.
3. After each kick, players should wait until all other players have kicked to retrieve their football.

SUPERCHARGE THE ACTIVITY

1. Attackers must stay outside the outer circle and kick aiming for the goal post.
2. Defenders move around the area between the inner and outer circles and aim to intercept or spoil the footballs. They must not enter the inner circle.
3. Attackers score points by hitting the target, defenders score for each kick saved.
4. Swap roles and repeat the activity.

SET UP

- Set up two circles of cones, an outer and inner circle.
- Position a singular goal post in the centre of the inner circle.
- Begin with all players outside the larger circle (attackers).
- For larger groups, you may need two activity areas.

SUPERCHARGE

- Choose a few players to be defenders.
- Attackers stand outside the larger circle.
- Defenders stand in the space between the inner and outer circle.

TEACHING POINTS

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

Invasion: Keep on the move and watch the football off the attacker's foot.

CHANGE IT UP

- Additional posts in the centre.
- Reduce or increase the size of the circles.
- Change up kicking styles/non-dominant foot.
- Try teamwork! Attackers must pass the ball before going for a score.
- Kicks at the target must be on the run, and not stationary.