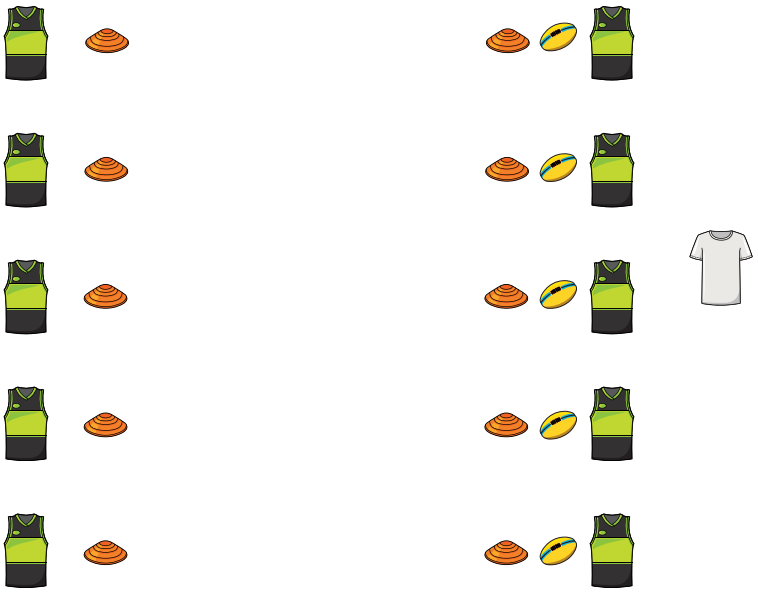
PAIRED SKILLS

LEVEL 3 4

ACTIVATOR ACTIVITY

LEVEL 3: WEEK 1 & 6
LEVEL 4: WEEK 2 & 7



EQUIPMENT

- 1 football between two Superkickers
- A stack of cones
- 1 helper per group



HOW TO PLAY

1. Players are given skill-based challenges to complete.
2. Challenges can be creative, however should link back to football skills.
3. Challenge examples:
   a. 20 handballs on each hand
   b. 10 ground balls to handballs
   c. 10 drop punts (kicks) each foot
   d. 10 marks out in front and above head

SUPERCHARGE THE ACTIVITY (LEVEL 4)

1. Handball: Players aim to handball the football between the legs of their partner (handball hockey). Scoring = 6 points for a goal, 1 point if they miss.
2. Kicking: On "Go", Players roll the football out in front, pick it up & kick to their partner. If their partner marks the ball, they get one point.

SET UP

- Set up two parallel lines of cones that resemble train tracks.
- Divide Superkickers into pairs and instruct to stand opposite each other.
- One football between two players.
- Once players move to kicking, spread the lines further apart.

SUPERCHARGE

- Move the cones to the appropriate distance for handballing/kicking before starting.

TEACHING POINTS

Facilitator to explain and demonstrate the different skills prior to beginning the activity.

Teaching points for all Superkick skills can be found at play.afl/superkick.

CHANGE IT UP

- Swap partners throughout.
- Include other AFL skills bouncing, evasion, goal kicking.
- Set time limits for challenges, both to complete and maximum amount of skill completions.
- Utilise non-dominant hand and foot.