

ROCKET RELAY

LEVEL

3



ACTIVATOR ACTIVITY	WEEK 4 & 9	EQUIPMENT
		• 1 football per four Superkickers • Goal posts • A stack of cones • 1-2 helpers per group
HOW TO PLAY		SET UP
1. On “Go!”, the first player in each group picks up the football and sprints to Position B, where they place the ball on the ground. 2. They then continue running to Position C, go around the cone, and return to Position B to pick the ball back up. 3. The player handballs to the next person waiting at Position A. 4. Once the next player catches the ball, they place it at their feet, pick it up again, and begin their relay run. SUPERCARGE THE ACTIVITY 1. Helper places one football at Position B per group and sets a skill component to be completed at Position C (handball in air, bounces, roll ball on ground etc.) 2. On “Go!”, the first player runs to Position B to collect the ball and then runs to Position C and completes the skill component. 3. The player then continues to Position D and kicks the goal. 4. Once kicked, the player collects the ball, returns it at Position B, and heads back to the group. Once back, the next player begins.		• Set up square playing area, goal posts at one end. • Set up cones in train track formations, and a ‘V’ close to goal. • Divide players into three-four groups, each starting with a football on the ground.
TEACHING POINTS		CHANGE IT UP
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. Ground balls: Body behind the ball, get low, use two hands to scoop/grab the football, eyes up ready to release via handball. Goal kicking: Look for a something behind the goals as your target, when kicking on the run, focus on the ball drop directly over the foot, look forward when kicking, and point your toes towards your target.		• Change the relay course design. • Give specific locations to kick goals from (Position D). • Include Auskick equipment such as hula hoops and hurdles. • Supercharge: Add defenders to evade when kicking for goal.