SCOUT

LEVEL 4

AFL Superkick

ACTIVATOR ACTIVITY | WEEK 1 & 6

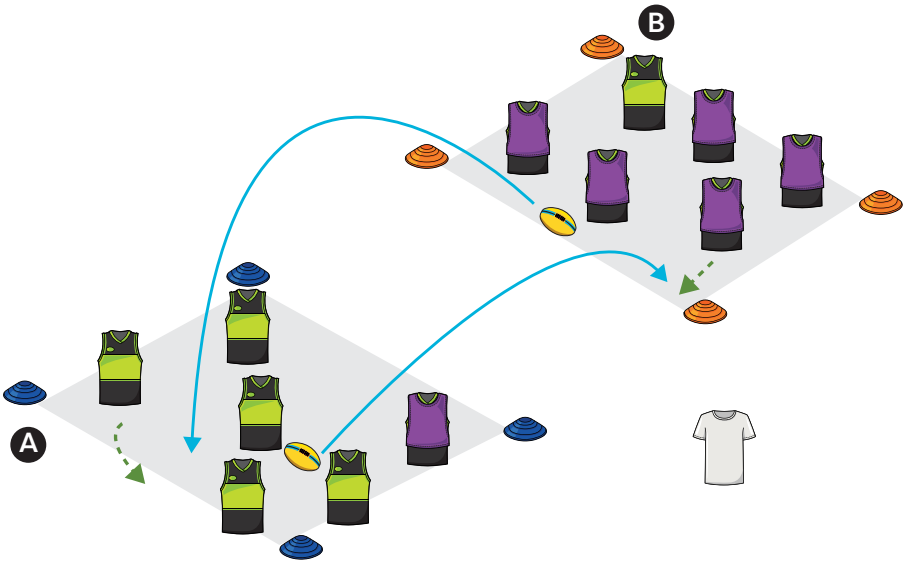


*Image above is the Supercharged version. Non-shaded area is out of bounds.

EQUIPMENT

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



HOW TO PLAY

1. Players start by kicking the football, aiming to land in the opposite team's square, or making it difficult to mark.
2. All kicks must be at chest height or higher.
3. If a player marks the football, it is a point to their team.
4. If a player drops the football, the kicking team scores a point.
5. Continue for a few rounds, ensuring all players get the chance to mark and kick the ball.

SUPERCHARGE THE ACTIVITY

1. The goal is for all players to find and kick the football to their teammates in the opposing square.
2. If a kick is marked, the kicker moves into the opposing area.
3. The first to have their entire team move into the opposing area wins!

SET UP

- Set up two squares, a few metres apart.
- Divide the Superkickers into two teams, both residing in different squares.
- One team wears bibs, and this team starts with the footballs.
- For larger groups, you may need two activity areas.

SUPERCHARGE

- Move two players from each team into the opposition's playing area.

TEACHING POINTS

Kicking to space: Aim to disguise the kick and look for areas where there are no other players, and kick quickly!

Marking: Players should use their voice to communicate who is going for the mark and ensure eyes are on the ball, hands out like a big 'W', and grab it at the highest point.

Invasion: Keep an eye on opposition players and try to block their path by staying in between both opponents.

CHANGE IT UP

- Increase or reduce the playing area size (shorter/longer kicks or handballs).
- Include additional footballs.
- Players must handball to other players before taking a kick.
- Try different marking types (chest, overhead, out in front).