

TRIPLE THREAT

LEVEL

3

4

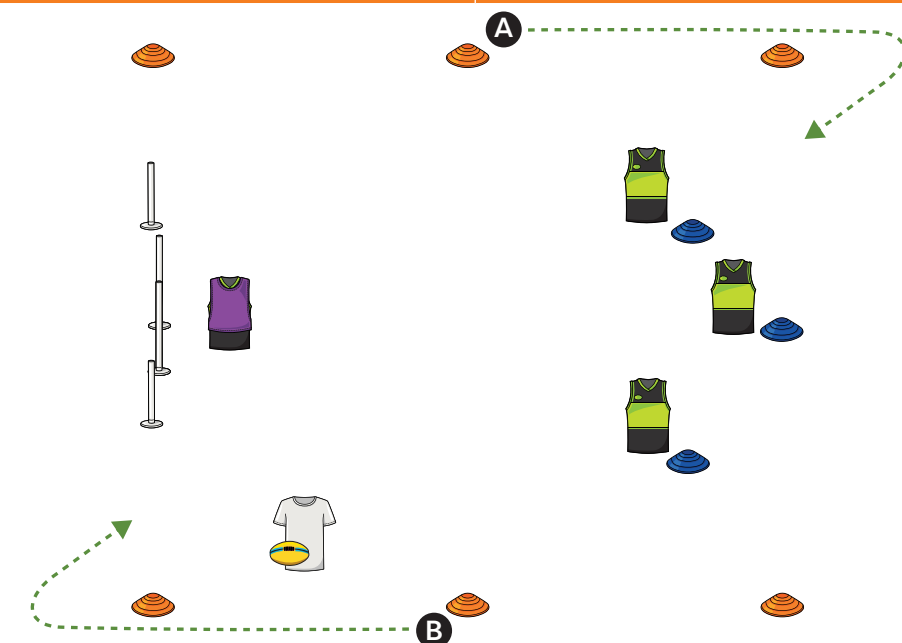


ACTIVATOR ACTIVITY

WEEK 4 & 9

EQUIPMENT

- 1 football per four Superkickers
- Goal posts
- Bibs
- Stack of cones
- 1 helper per group



*Points A/B and arrows refer to the Supercharged version.

HOW TO PLAY

1. Roll the ball to one of the attackers, who will pick it up.
2. Attackers move the ball towards the goals by handballing to each other, while the defender applies pressure and tries to intercept.
3. When the attackers are close enough, they kick for goal.
4. Attackers retrieve the ball and line up behind the other groups whilst the next team of four have a go.
5. Make sure that players take it in turns to be the defender.

SUPERCHARGE THE ACTIVITY (LEVEL 4)

1. On "Go!", attackers grab a ball and enter by running 'Round the Bend' of the corner cone. The defender enters from the opposite side.
2. Attackers must get to the goal line without being tagged to score a point. If the defender intercepts the ball or tags an attacker, they score a point.
3. Once an attacker or defender win, it's the next groups turn.

SET UP

- Set up square playing area, posts on one side and a triangle of cones 2-3 metres apart at the other end.
- Divide Superkickers into groups of 4 - 3 attackers, 1 defender.
- Attackers start on the 3 cones.
- Defenders wear bibs and start next to the goals.

SUPERCHARGE

- Defenders line up at Position A, attackers at Position B.
- Place all the footballs in a pile next to the attackers.
- Attackers work in pairs, with defenders working as individuals.

TEACHING POINTS

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.

Handballing: Ensure body is facing the target, aim towards or slightly ahead of target, swing and strike the end of the football, catch your fist as you follow through.

CHANGE IT UP

- Try getting teams to complete a certain number of passes before goal kicking.
- Groups of 5 attackers with 2 defenders.
- **Supercharge:** Five points if attackers' handball through the goals, and 10 points if they kick the goal.