

SINK THE SHIP

LEVEL

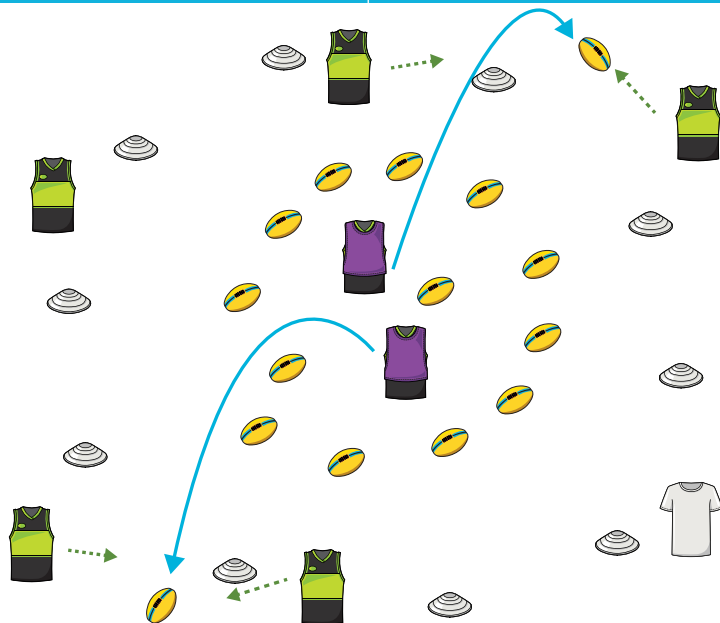
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ENERGISER ACTIVITY

WEEK 1 & 6

EQUIPMENT



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



HOW TO PLAY

1. On 'Go!', two defenders in the centre must gather the footballs one by one and kick them in any direction out of the circle.
2. Attackers around the circle must run and collect the footballs and return them to the centre as quickly as possible by rolling the ball back inside the circle.
3. Rotate roles so that all players get a turn at being defenders.
4. The goal is for the defenders to empty the circle.

SUPERCHARGE THE ACTIVITY

1. The Facilitator now chooses a target for the attackers to kick the ball to. This can be specific players, area of play, goal posts etc.

SET UP

- Set up a circle of cones and place all footballs in the centre.
- Select two Superkickers to stand inside the circle (defenders - wearing bibs), with remaining players to stand on the outside of the circle (attackers).

TEACHING POINTS

Kicking:

- Before kicking the ball, look for space where no attacker is standing and aim to kick to this area (kick to space).
- Aim to kick drop punts – hands down the side of the ball, laces to target, swing/kick, point toes, follow through.

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

CHANGE IT UP

- Expand the playing area and add more players inside the circle.
- Try teamwork inside the circle – one gathers and handballs, the receiver kicks.
- Try with opposite foot and different styles of kick.