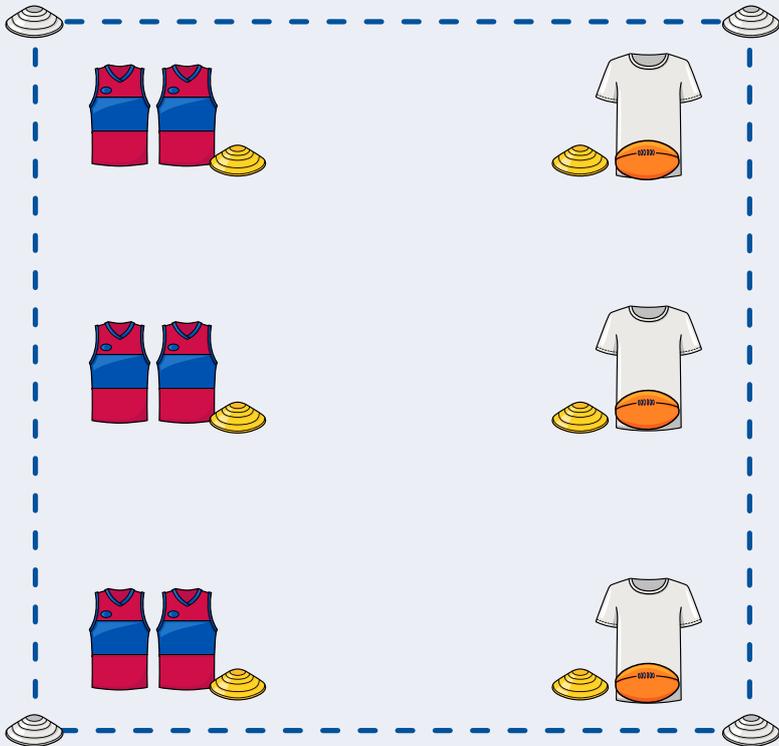




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HOW TO PLAY

- 1 The adult rolls the ball to one of the Auskickers who picks it up, handballs it back and runs the “footy racetrack”: around the adult and back to the starting point, where the partner then has their go.
- 2 Follow up handballs with kicks, either still or kicking on the run. Auskickers can even practise catching the football above their head or some specy marks. To do this, the adult holds the ball up nice and high and lets the Auskicker grab the ball as they approach and give it back when they turn the corner around the cone.
- 3 Now see how many racetrack laps Auskickers can do in a set time.

EQUIPMENT

1 football, 2 cones and 1 adult per pair of Auskickers.



SET-UP

Two cones about 10m apart with two Auskickers lining up on one cone and the adult on the opposite cone, holding the football.

CHANGE IT UP

- Increase the distance between the cones or roll the ball faster.
- Add a big kick once Auskickers receive the ball from the adult (make sure each Auskicker retrieves the football before the next person has a go).
- Try using different shaped balls or have Auskickers use their opposite hand or foot.