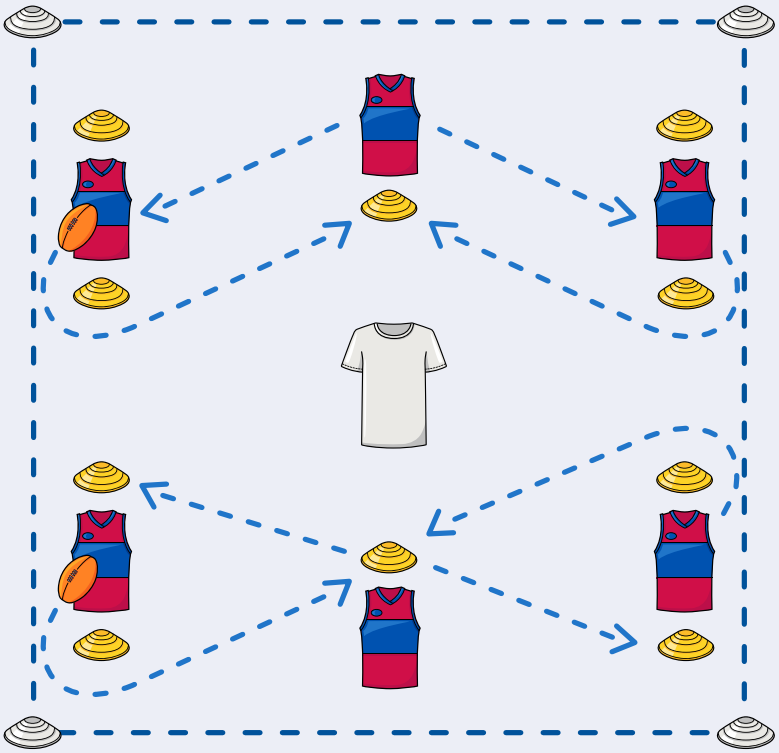
LVL 3

KICKING ON THE RUN



HOW TO PLAY

1. The player with the football starts by facing away from the others. They must run to their left or right around a cone, then kick to the player in the middle.
2. The player in the middle marks or retrieves the ball and turns and kicks to the player at the other end.
3. Then the game repeats. Players swap positions after a few turns.
4. Replicate this setup as many times as you need to suit the numbers in your group.

EQUIPMENT

1 football and 5 cones for every 3 Auskickers. An adult per group.

SET-UP

Put two cones a step apart on one edge of the playing area, two cones on the opposite edge, and one cone in the middle.

Send one player to each end between the cones. Give one player a ball, send the third player to the middle cone.

CHANGE IT UP

- Have two players in the middle competing for the ball or try having the player in the middle run on an angle – leading for the ball.
- Have Auskickers try kicking with the opposite foot.