



HOW TO PLAY

- 1 Start with Auskickers kneeling on the grass with their football in their laps (backsides resting on their heels). Everyone tries bouncing the ball on the grass in front of them.
- 2 Straighten up still kneeling and bounce the football.
- 3 Try it only kneeling on one knee. Now crouch and bounce!
- 4 When everyone has the idea of what bouncing is, everyone walks around having a bounce.
- 5 From walking go to a jog and a run all while bouncing the football!

EQUIPMENT

1 football per Auskicker, a stack of cones and 1 adult per group.



SET-UP

Spread the players out in an area with everyone holding their football.

CHANGE IT UP

Try a cone-bouncing game:

Put some different coloured cones down.

As the Auskickers wander around the area bouncing their balls, say "cone!" and every Auskicker has to find a cone.

Or try saying a colour and if an Auskicker is near a cone of that colour, they bounce their ball three times.