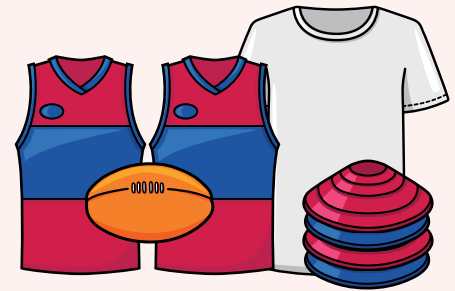


HOW TO PLAY

- 1 When you say “Go”, each pair handballs to each other three times, through their gate, then run to a vacant gate and perform three more handballs.
- 2 Then repeat.
- 3 If you have enough different coloured cones, have a race to see which Auskickers can visit every different coloured gate.

EQUIPMENT

A football for every pair of Auskickers. A stack of cones and at least one adult per group.



SET-UP

Create ‘gates’ in the playing area by using two cones of the same colour placed a metre apart. There should be at least one gate for every Auskick pair.

CHANGE IT UP

- After a pair handballs three times, have the player without the ball run to another gate and find a new partner. Swap this rule after a while so that the player with the ball leaves.
- Players with the ball must bounce while running to a new gate.