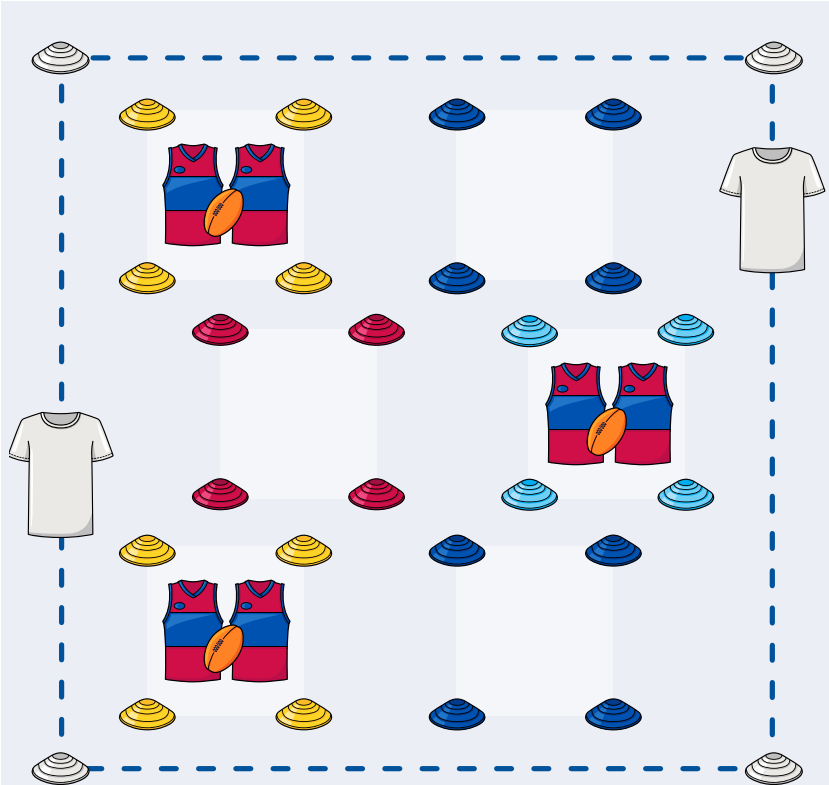


ISLAND TO ISLAND

LVL
3

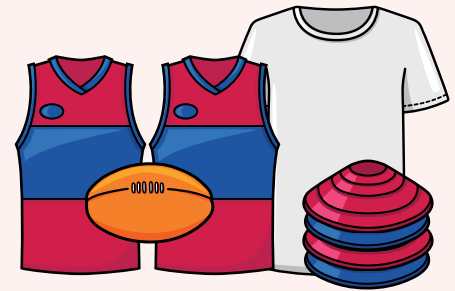


HOW TO PLAY

- 1 When you say “Go”, the player without the ball runs to a separate island to receive a kick from their partner. The kicker then runs to another island to receive the ball back from their teammate.
- 2 Keep going for a few minutes then change the pairings.
- 3 Try to have the players run to empty islands when possible to avoid things getting crowded.

EQUIPMENT

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



SET-UP

Use the cones to set up several small squares or ‘islands’ within the activity square. Make sure there are more islands than pairs.

Players start in pairs on an island, with one player holding the football.

CHANGE IT UP

- Try adding a bounce before kicking.
- Have pairs race to see who can receive a mark in every square first.
- Add a roaming defender who tries to intercept the ball.