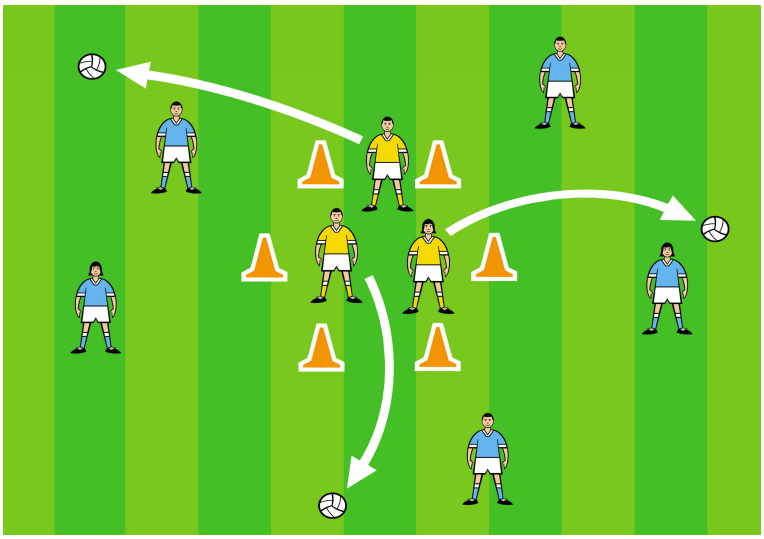
LEVEL 3

THE PUNT KICK - EMPTY THE CIRCLE

FOOTBALL



EQUIPMENT LIST

- Cones
- Football

This is a fun game to develop the punt kick

Organisation

- Mark out a circle using cones
- Divide the players into uneven teams
- Position the team with the greater number of players outside the circle and the other inside the circle
- The players inside the circle must attempt to keep the circle clear by punt kicking each ball from the circle
- The outside players must retrieve the balls and place them back in the circle
- Switch the roles of the players after a set time

STEP Variation

Task - Fill the Circle; the outside team must punt kick to land in the circle; the inside team clear the circle by rolling the balls away

Notes