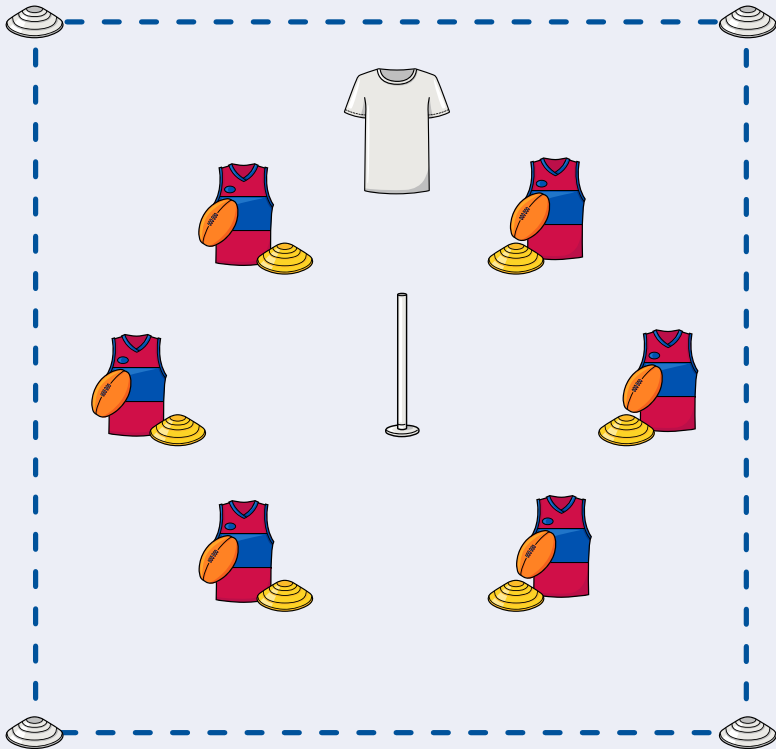


# KICK THE STICK



## HOW TO PLAY

- 1 On “Go” Auskickers kick their football and aim for the stick! Anyone who hits the stick gets a point.
- 2 Slowly up the points the target is worth. Be playful - get up to a thousand or a million points!
- 3 As Auskickers busily “kick the stick”, provide some handy hints like:
  - Point your toes at the target;
  - Hold the ball over the leg you’re kicking with, and;
  - Keep your head over the ball.
- 4 Make sure everyone knows they can’t collect the balls until you say so as footballs will be flying everywhere.

## EQUIPMENT

1 ball and 1 cone per Auskicker. 1 single post (or target) and 1 adult per group.



## SET-UP

Use the cones to make a circle, with the goal post target in the middle.

Auskickers are to have one ball and stand next to a cone.

## CHANGE IT UP

- Have Auskickers try a run up before the kick.
- Experiment with using different balls and encourage Auskickers to use their opposite foot.
- Have Auskickers aim to kick over the target, or have an adult handball to them before they kick the stick.