

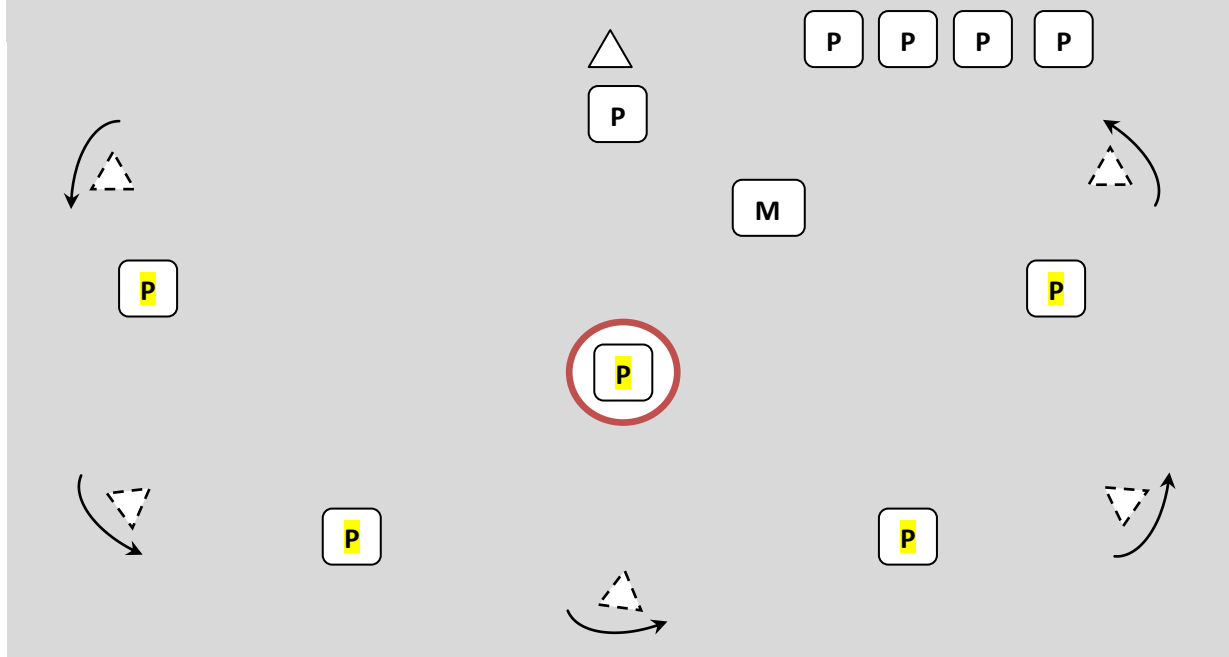
FOOTBALL SKILLS

BASE NO: 9

BASE NAME: 'Rounders'

OBJECTIVE: Passing / Catching / Kicking / Team-work

BASE SETUP:



BASE INSTRUCTIONS: Start the base by explaining how to play the game!

- Divide the group into teams of 6 to 8 players – a 'kicking' team and an 'outfield' team
- Set the teams out as you would for a typical game of rounders.
- The 'bowler' will bowl by hand-passing the ball to the player ready to 'bat'. This player must catch the ball and kick it as hard and far as they can. If they kick it they must run around as many bases as they can before the outfield team retrieves the ball.
- The outfield players must attempt to catch the ball and retrieve it by passing it back to the player in the hoop ('bowler'). The 'bowler' is not allowed to leave the hoop.
- Players on the batting team must always have a foot touching a base (cone) when the 'bowler' has the ball or they can be called out.
- Count runs and home runs as you would in a game of rounders. Switch the teams when all the batting team has had a go.

VARIATIONS:

- Let the 'bowler' throw the ball instead of hand-passing it
- Allow a 'blocker' to run in and block the kicker (only when players are getting proficient) knocking him/her out of the game
- Knock a kicking player out if the outfield team makes a clean catch of the ball

LEGEND:



Cone



Hoop



Square



Mentor



Sliothar

P Player

Pass

Run

Run around Cone