

# MARNGROOK

The game of Aussie Rules football is based on the traditional game of Marngrook. Use the information below to play your own game of Marngrook football.

## YOU WILL NEED

- Groups of six to 12 players
- A large area such as a playing field
- A small soccer ball or volleyball

## HOW TO PLAY

- 1 The ball is dropped and kicked high into the air using the instep of the foot.
- 2 Players attempt to secure the ball and the player who takes possession of the ball kicks it in the air and again a scramble for the ball ensues.
- 3 Players may not dive on the ball on the ground to secure it and must try to avoid physical contact as much as possible. It is usual for the players to attempt to catch the ball, but if it is knocked or dropped to the ground by players it is still in play.



Participates in games with and without equipment



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