

# Wildcats (5-6 Year Olds)

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## Manipulation

### High on Coordination

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1. Balloon Keepy Uppy
2. Balloon Tennis
3. Beat the Goalie
4. Chip and Putt
5. Cross the River
6. Dodge Ball
7. Stationary Passing Groups - Dribble Out Turn & Pass
8. Fill the Spot
9. Ice Cream!
10. Kick & Catch
11. Ocean Dribble
12. One Pin Bowling
13. Piggy in the Middle
14. Protect the Egg
15. Roll to Goal
16. Round the World
17. Run of Doom
18. Stationary Passing in 2's
19. Stationary Passing Groups
20. Stationary Passing Wall
21. T Ball
22. Throw/Kick & Fetch
23. Top Ten
24. Wall Rebound

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Balloon Keepy-Uppy	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation/Coordination
		<b>Intensity Level:</b> Low to Moderate
<b>Description:</b> <ul style="list-style-type: none"> <li>• Children individually, one balloon per child</li> <li>• Children perform keepy-uppies with foot/hand/head/knee/heel/ /shoulder/racket/bat</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Balloon</li> <li>• Rackets/Bats</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• As above but from bear/crab/flamingo</li> <li>• Work in 2s/3s with 2 balloons</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Width of base</li> <li>• Height of COG</li> <li>• Feet/Hand readiness</li> <li>• Use of weak hand/foot</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Connection</li> <li>• Concentration</li> <li>• Core strength</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Balloon Tennis	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation/Coordination  <b>Intensity Level:</b> Low to Moderate
<b>Description:</b> <ul style="list-style-type: none"> <li>• In 2s, one balloon per pair</li> <li>• Using a line or some cones play tennis (first to 3/5/7 points)</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Balloon</li> <li>• Rackets/Bats</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Allow more than one touch per child (2 or 3)</li> <li>• Use feet instead of hands</li> <li>• Allow hands and feet</li> <li>• Go 2v1 or 2v2</li> <li>• Go hands vs feet</li> <li>• Play from kneeling/bear/crab</li> <li>• Use rackets/bats</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Width of base</li> <li>• Height of CoG</li> <li>• Backswing/Follow through</li> <li>• Feet/Hand readiness</li> <li>• Use of weak hand/foot</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Connection</li> <li>• Confidence building</li> <li>• Decision making</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Beat the Goalie	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation/Coordination  <b>Intensity Level:</b> Moderate
<b>Description:</b> <ul style="list-style-type: none"> <li>• Children in 2s or groups of 2</li> <li>• Each pair (or four) set up a goal or two goals at opposite ends if enough cones (so children are both strikers and goalies at the same time).</li> <li>• Children attempt to score goals by throwing/kicking a ball into the goal.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Balls (basketball, tennis, football, rugby, etc.)</li> <li>• Hockey stick/Rackets</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• 1v1/2v2</li> <li>• Different balls/throws</li> <li>• Goalie gets one point for deflection and 2 points for a catch</li> <li>• Have striker close eyes and goalie stand at either post. On GO! Striker opens eyes and tries to score in the open area or wrong foot goalie</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Width of base</li> <li>• Height of COG</li> <li>• Kinematic chain for throws/kicks</li> <li>• Goalie's readiness (low, on balls of feet, hands out)</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Connection</li> <li>• Concentration/Decision Making</li> <li>• FUN competition</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Chip&Putt	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation/Coordination  <b>Intensity Level:</b> Low
<b>Description:</b> <ul style="list-style-type: none"> <li>• Use a football or softball to practise putting the ball through a goal or pitching it into a coned area</li> <li>• Change size of goal/width of area as they progress of for different abilities within the group</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Balls (football, softball)</li> <li>• Cones</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Play with different distances/widths</li> <li>• Use different size balls</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• What part of foot is making contact with the ball and where on the ball</li> <li>• Body/Head position when kicking</li> <li>• Kids struggling to get the right weight on the ball (allow them the chance to work on their own against the wall)</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Independent working</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Cross the River	<b>Target:</b> 5 -6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation / Coordination  <b>Intensity Level:</b> Moderate
<b>Description:</b> The playing surface for this game should be split in three thirds. A small group (e.g. 2 or 3) of children should be in each section. The middle third is the 'river' where the players are referred to as the 'crocodiles'. The aim of the games is for the players in the sections of the court either side of the 'river' to pass the ball across the 'river' without the 'crocodiles' getting it.	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Balls</li> <li>• Cones or Markers</li> <li>• Hoops or throw down spots – for variation</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Allow players to cross river with the ball over 'islands' (hoops or thrown down spots) without being tagged (eaten) by a 'crocodiles'. An extra point could be awarded for scoring in this manner.</li> <li>• Increase or reduce width of the 'river' to increase or decrease difficulty for either team.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Movement from receivers to help sender (use of space - height/depth and width).</li> <li>• Point of release in throw.</li> <li>• Interception.</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Connection to teammates.</li> <li>• Creativity within choice of transfer or movement (especially in variation).</li> <li>• Tactical development.</li> <li>• Mental development.</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Dodge Ball	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation/Coordination Agility  <b>Intensity Level:</b> Moderate to High
<b>Description:</b> <ul style="list-style-type: none"> <li>• Split group into teams of 2-3-4 players (have more than one game going if need be)</li> <li>• Create a grid of 8x4 (badminton courts are great for this) with a half way line separating two sides. Balls start on the half-way line</li> <li>• The teams line up at both ends and on the whistle go for the balls and the game starts.</li> <li>• When a player gets hit he/she is out (or if we don't want to keep people out, does a forfeit and is back on)</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Soft Balls (different sizes)</li> <li>• Cones</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Spanish Dodge Ball: one big rectangle. One team is throwing (half of the team at each end) and the other one is inside the rectangle dodging.</li> <li>• Bridge of DodgeDoom: build a narrow(ish) corridor with cones. One of the teams has to get players from one end to the other (running, dribbling, etc.) while the throwing team tries to hit them from both banks</li> <li>• Weak hand throws</li> <li>• Kicking instead of throwing</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Throwing technique</li> <li>• Quality of movement/Readiness</li> <li>• Catching</li> <li>• Throwing Fakes</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Connection</li> <li>• Team work</li> <li>• General Fitness</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Stationary Passing Groups	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation/Coordination
		<b>Intensity Level:</b> Moderate to High
<b>Description:</b> <ul style="list-style-type: none"> <li>• Children line up in groups of 2, 3 or 4.</li> <li>• The first child has the ball and dribbles it up to a line or cones, turns around and performs different passes with different types of ball to the next child (some types may not be suitable to some kinds of pass). The passer returns to the line and joins the back:             <ul style="list-style-type: none"> <li>○ Chest pass</li> <li>○ Bounce pass</li> <li>○ Overhead pass</li> <li>○ Push pass</li> <li>○ Baseball pass</li> <li>○ Tip pass (finger tips without catching the ball, as in volleyball)</li> <li>○ Football passes: inside/outside of foot; chip;</li> <li>○ Rugby pass</li> </ul> </li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Balls (basketball, tennis, football, rugby, etc.)</li> <li>• Hockey stick/Rackets</li> <li>• Cones</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Vary distance to be dribbled.</li> <li>• Include a jump stop and a pivot.</li> <li>• Have children dribble back to half way point and then make the pass.</li> <li>• Compete to a number of passes (if ball dropped, back to 0!)</li> <li>• Create a course with cones</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Quality of dribble (finger tips if basketball/ close to foot/stick if football, hockey, etc.)</li> <li>• Width of base</li> <li>• Height of COG</li> <li>• Hand/Elbow position</li> <li>• Hand/Elbow/Wrist Action (follow through)</li> <li>• Kinematic chain from toes to finger tips</li> <li>• Hands ready to receive the pass</li> <li>• Call for pass/ Call name</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Connection</li> <li>• Team work</li> <li>• Concentration</li> </ul>	<b>Coach's Comments:</b>	



Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Fill the Spot	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation/Coordination
		<b>Intensity Level:</b> Moderate to High
<b>Description:</b> <ul style="list-style-type: none"> <li>• Children in groups of 3/4/5</li> <li>• Coach sets up a grid/circle for each group containing 1 or 2 extra spots</li> <li>• Children perform different passes with different types of ball to the next child (some types may not be suitable to some kinds of pass). The passer moves to one of the available spots:             <ul style="list-style-type: none"> <li>○ Chest pass</li> <li>○ Bounce pass</li> <li>○ Overhead pass</li> <li>○ Push pass</li> <li>○ Baseball pass</li> <li>○ Tip pass (finger tips without catching the ball, as in volleyball)</li> <li>○ Football passes: inside/outside of foot; chip;</li> <li>○ Rugby pass</li> </ul> </li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Balls (basketball, tennis, football, rugby, etc.)</li> <li>• Hockey stick/Rackets</li> <li>• Cones</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Vary distance between spots</li> <li>• Vary shape of grid</li> <li>• Compete to a number of passes (if ball dropped, back to 0!)</li> <li>• Introduce a second ball!</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Width of base</li> <li>• Height of CoG</li> <li>• Hand/Elbow position</li> <li>• Hand/Elbow/Wrist Action (follow through)</li> <li>• Kinematic chain from toes to finger tips</li> <li>• Hands ready to receive the pass</li> <li>• Call for pass/ Call name</li> <li>• Timing of pass and move action</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Connection</li> <li>• Team work</li> <li>• Concentration</li> <li>• Spatial awareness (movement into space and anticipation of movement)</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Ice Cream!	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation/Coordination Agility  <b>Intensity Level:</b> Low to Moderate
<b>Description:</b> In pairs, one child throws/kicks/hits and the partner tries to catch the ball into the upturned cone	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Balls (different sizes/types)</li> <li>• High Cones</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Have the thrower complete a brief obstacle course before the throw (dribble, jump, etc.)</li> <li>• Have the cone holder compromise their balance (on one leg, etc.)</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Throwing/Chipping for accuracy</li> <li>• Readiness of receiver</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Connection</li> <li>• Team work</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Kick&Catch	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation/Coordination  <b>Intensity Level:</b> Low
<b>Description:</b> Individually, in 2s or against the wall, practise soft kicks into hands (own or partners) from hands or of the floor	<b>Equipment:</b> <ul style="list-style-type: none"> <li>Balls (football, softball)</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>Play with different distances</li> <li>Use different size balls</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>What part of foot is making contact with the ball and where on the ball</li> <li>Body/Head position when kicking</li> <li>How much weight is being put into the ball</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>Cooperation</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Ocean Dribble	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation/Coordination  <b>Intensity Level:</b> Low to Moderate
<b>Description:</b> <ul style="list-style-type: none"> <li>• Each child has a ball (use different kinds)</li> <li>• Coach sets goals/gates in an area of 10x10 (or bigger/smaller depending on numbers)</li> <li>• Children have to dribble/bounce/carry the ball through the gates</li> <li>• On Change! children exchange balls and continue</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Balls (football, tennis, rugby, basketball, etc.)</li> <li>• Cones</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Allowed to knock each other's ball out of the way.</li> <li>• Go for one minute to see who goes through more gates/goals</li> <li>• In 2s, have to pass the ball to each other to go from gate to gate</li> <li>• Have 2 different colour gates, one go through regular, the other go through sideways</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Head/Eye position</li> <li>• Ability to control ball (finger tips/short kicks, etc.)</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Connection/Cooperation</li> <li>• Spatial awareness</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> One Pin Bowling	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation/Coordination Agility  <b>Intensity Level:</b> Low to Moderate
<b>Description:</b> <ul style="list-style-type: none"> <li>In pairs, children stand 10 metres apart with one high cone between them and one ball</li> <li>They get a point for each time they hit the cone (throwing or kicking)</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>Balls (different sizes/types)</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>Different throws: overarm, underarm, bounce, hip throw, rugby pass</li> <li>Different kicks: instep/chip/punt/</li> <li>Shorter/Longer distance</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>Quality of the throw/kick</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>Self-responsibility</li> <li>Cooperation/Opposition</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Piggy in the Middle	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation/Coordination
		<b>Intensity Level:</b> Moderate to High
<b>Description:</b> <ul style="list-style-type: none"> <li>• Children in groups of 3-4</li> <li>• Children set up 2v1 or 3v1 (triangle). The aim is to pass the ball until the one in the middle gets a touch (or intercepts it). Whoever made the intercepted pass goes in the middle.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Balls (basketball, tennis, football, rugby, etc.)</li> <li>• Hockey stick/Rackets</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Restrict/Allow movement on the passers</li> <li>• Restrict/Allow movement of the defender</li> <li>• With older children, introduce movement (i.e. the passers are trying to go from A to B without the piggy intercepting it)</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Width of base</li> <li>• Height of CoG</li> <li>• Hand/Elbow position</li> <li>• Hand/Elbow/Wrist Action (follow through)</li> <li>• Kinematic chain from toes to finger tips</li> <li>• Hands ready to receive the pass</li> <li>• Call for pass/ Call name</li> <li>• If D's Hands High/Pass Low and vice versa</li> <li>• Fake a pass to make a pass</li> <li>• Timing of pass and move action (older kids)</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Connection</li> <li>• Team work</li> <li>• Concentration</li> <li>• Spatial awareness (movement into space and anticipation of movement)</li> </ul>		

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Protect the Egg	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation/Coordination  <b>Intensity Level:</b> Low to Moderate
<b>Description:</b> <ul style="list-style-type: none"> <li>• Each child with a racket tries to walk balancing a ball on the racket face</li> <li>• Progress to doing as many consecutive small hits in the air as possible. Once they are able to do 6 hits on the spot they can try to do it while walking.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Tennis Balls (soft if possible)</li> <li>• Rackets</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Try different walks</li> <li>• Individually against a wall</li> <li>• In 2s, one racket each, one shadows the other who carries the ball and on Change! the ball has to be passed over.</li> <li>• In 2s, one hit each trying to keep ball in the air (or allowing one bounce)</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Arm away from body</li> <li>• Small hits</li> <li>• Eye on ball</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Connection/Cooperation</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Roll to Goal	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation/Coordination
		<b>Intensity Level:</b> Low to Moderate
<b>Description:</b> <ul style="list-style-type: none"> <li>• Split group into teams of 4-6 players</li> <li>• Teams line up 8-10 metres apart facing each other defending a goal 4-5 metres wide.</li> <li>• Teams take turn to roll the ball at each other's goal trying to get the ball in. First team to 5 goals wins</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Balls (football/basketball/netball/tennis)</li> <li>• Cones</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Play with different balls (reaction ball/tennis/football)</li> <li>• Have the defending team on their knees/one leg</li> <li>• More than one ball</li> <li>• Weak hand throws</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Rolling technique (backswing/follow through)</li> <li>• Readiness of defenders</li> <li>• Throwing Fakes</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Connection</li> <li>• Team work</li> </ul>		



Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Round the World Ball	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation/Coordination Agility  <b>Intensity Level:</b> Low to Moderate
<b>Description:</b> <ul style="list-style-type: none"> <li>• One ball per child (or one between two)</li> <li>• The children mirror the coach circling the ball around different body parts in different sequences and with varying levels of complexity</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Balls (different sizes/types)</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Incorporate movement</li> <li>• Have children in pairs. While one of them circles the ball, the other one puts up fingers to count (forcing partner to work the ball while keeping eyes up)</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Excessive leaning forward</li> <li>• Feet/CoG position</li> <li>• Hand position on the ball</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Self-responsibility</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Run of Doom	<b>Target:</b> 9-11	<b>FMS/FSS Main Category:</b> Manipulation / Coordination  <b>Intensity Level:</b> High
<b>Description:</b> <ul style="list-style-type: none"> <li>• Divide the group into teams, one team attacking and one team defending.</li> <li>• Defenders line up in two lines with a lane way in the middle. The defenders should have foam footballs/ rugby balls/ javelins.</li> <li>• Attackers must run through the lane way avoiding all the defenders throwing their balls. If the attacker makes it through to the end of the 'Gauntlet' they then have to complete a Basketball shot for points. If the attacker is hit, they must re-join their group at the end of the line. Set a time limit for the game before swapping the teams over.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Variety of foam footballs/rockets</li> <li>• Cones to mark the lane way</li> <li>• Basketball Net/ Goal etc.</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• The coach could vary the size of the lane way, if the attackers are finding it difficult to get to the Basketball shot at the end each time, then increase the distance and vice versa.</li> <li>• The Basketball shot can be changed for a penalty kick/ hockey pass to suit the group and situation.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Change of direction of attackers avoiding the footballs being thrown by the defenders.</li> <li>• Defenders throwing skills</li> <li>• Make sure that it is fair and enjoyable for the group changing the lane way or outcome as needed.</li> <li>• Potential collisions of defenders retrieving objects in the 'lane way' while attackers running through.</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Teamwork / Connection.</li> <li>• Communication skills to achieve end goal.</li> <li>• Slight element of pressure with the end outcome i.e. the Basketball shot.</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Stationary Passing in 2s	<b>Target:</b> 5-6 / 7-8	<b>FMS/FSS Main Category:</b> Manipulation/Coordination
		<b>Intensity Level:</b> Low
<b>Description:</b> <ul style="list-style-type: none"> <li>• In 2s</li> <li>• Children stand facing each other and perform different passes with different types of ball (some types may not be suitable to some kinds of pass):             <ul style="list-style-type: none"> <li>○ Chest pass</li> <li>○ Bounce pass</li> <li>○ Overhead pass</li> <li>○ Push pass</li> <li>○ Baseball pass</li> <li>○ Tip pass (finger tips without catching the ball, as in volleyball)</li> <li>○ Football passes: inside/outside of foot; chip;</li> <li>○ Rugby pass</li> </ul> </li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Balls (basketball, tennis, football, rugby, etc.)</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• As above with one ball each (chest vs bounce + change!; overhead vs chest; any combination)</li> <li>• Vary distance</li> <li>• Accuracy vs Distance</li> <li>• Compete to a number of passes (if ball dropped, back to 0!)</li> <li>• With older children, do it on the move (forward/backwards or sideways)</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Width of base</li> <li>• Height of CoG</li> <li>• Hand/Elbow position</li> <li>• Hand/Elbow/Wrist Action (follow through)</li> <li>• Kinematic chain from toes to finger tips</li> <li>• Hands Ready to receive the pass</li> <li>• Boredom setting in</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Connection</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Stationary Passing Groups	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation/Coordination  <b>Intensity Level:</b> Low
<b>Description:</b> <ul style="list-style-type: none"> <li>• Children form a triangle/square/circle (depending on numbers) and perform different passes with different types of ball (some types may not be suitable to some kinds of pass):             <ul style="list-style-type: none"> <li>○ Chest pass</li> <li>○ Bounce pass</li> <li>○ Overhead pass</li> <li>○ Push pass</li> <li>○ Baseball pass</li> <li>○ Tip pass (finger tips without catching the ball, as in volleyball)</li> <li>○ Football passes: inside/outside of foot; chip;</li> <li>○ Rugby pass</li> </ul> </li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Balls (basketball, tennis, football, rugby, etc.)</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Vary distance</li> <li>• Accuracy vs Distance</li> <li>• Compete to a number of passes (if ball dropped, back to 0!)</li> <li>• If odd numbers, miss one player out</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Width of base</li> <li>• Height of CoG</li> <li>• Hand/Elbow position</li> <li>• Hand/Elbow/Wrist Action (follow through)</li> <li>• Kinematic chain from toes to finger tips</li> <li>• Hands ready to receive the pass</li> <li>• Call for pass/ Call name</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Connection</li> <li>• Team work</li> <li>• Concentration</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Stationary Passing Wall	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation/Coordination
		<b>Intensity Level:</b> Low to Moderate
<b>Description:</b> <ul style="list-style-type: none"> <li>• Each child by themselves</li> <li>• Children facing a strong wall and perform different passes with different types of ball (some types may not be suitable to some kinds of pass):             <ul style="list-style-type: none"> <li>○ Chest pass</li> <li>○ Bounce pass</li> <li>○ Overhead pass</li> <li>○ Push pass</li> <li>○ Baseball pass</li> <li>○ Tip pass (finger tips without catching the ball, as in volleyball)</li> <li>○ Football passes: inside/outside of foot; chip;</li> <li>○ Rugby pass</li> </ul> </li> </ul>	<b>Equipment:</b> Balls (basketball, tennis, football, rugby, etc.)	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Hit a specific spot on the wall</li> <li>• Vary distance</li> <li>• Accuracy vs Distance</li> <li>• Compete to a number of passes (if ball dropped, back to 0!)</li> <li>• With older children, do it on the move (forward/backwards or sideways)</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Width of base</li> <li>• Height of CoG</li> <li>• Hand/Elbow position</li> <li>• Hand/Elbow/Wrist Action (follow through)</li> <li>• Kinematic chain from toes to finger tips</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Self-discipline/work independently</li> <li>• Self-reliance</li> <li>• Concentration</li> <li>• Self-Confidence</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> T-Ball	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation/Coordination
		<b>Intensity Level:</b> Low to Moderate
<b>Description:</b> <ul style="list-style-type: none"> <li>• Use a kwik cricket or rounders bat</li> <li>• Split children into 2 teams (one batting/the other fielding)</li> <li>• Set up score-line with some cones</li> <li>• Batting team bats from a batting tee trying to get the ball beyond the cones (a run) while the fielders try to stop it.</li> <li>• Each batter gets three goes. Count how many runs a team gets. Then swap over.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Tennis Ball (soft if possible)</li> <li>• Batting Tee (if not available the tip of an elevated flat cone)</li> <li>• Bats</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• If numbers are high, run more than one game at a time. If more than 3-4 players per team, children will be waiting for a long time.</li> <li>• Have a coach bowl to the more capable kids</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Appropriate grip</li> <li>• Head position</li> <li>• Feet position</li> <li>• Eyes on the ball</li> <li>• Backswing/Follow through</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Connection</li> <li>• Confidence building</li> </ul>		<b>Coach's Comments:</b>

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Throw/Kick and Fetch	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation/Coordination Agility  <b>Intensity Level:</b> Moderate to High
<b>Description:</b> <ul style="list-style-type: none"> <li>• In pairs, one child throws/kicks/hits and the partner retrieves the ball as quick as possible</li> <li>• It can be done as a competition by having distance markers on the floor with point allocations</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Balls (different sizes/types)</li> <li>• Cones</li> <li>• Bats/Rackets/Hockey Sticks</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Fetch your own throw/kick/hit and try and get as many points as possible with your partner</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Throwing/Kicking/Hitting technique</li> <li>• Quality of movement/Readiness</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Connection</li> <li>• Team work</li> <li>• General Fitness</li> <li>• Awareness of others</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Top Ten	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation/Coordination  <b>Intensity Level:</b> Low
<b>Description:</b> <ul style="list-style-type: none"> <li>In pairs children take turns throwing the ball up into the air and letting it bounce as many times as they want before they catch it. The number of catches is the score. First to 10 catches wins.</li> <li>If the child doesn't catch the ball, it's a 'no score'</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>Balls (football/basketball/netball/tennis)</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>Play with different balls</li> <li>With older kids, allow the non-thrower to disrupt the catch by trying to get in the way</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>Height of CoG</li> <li>Feet positioning</li> <li>Cradling the ball</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>Limited opposition</li> </ul>	<b>Coach's Comments:</b>	



Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Wall Rebound	<b>Target:</b> 5-6 / 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation/Coordination Agility  <b>Intensity Level:</b> Low
<b>Description:</b> <ul style="list-style-type: none"> <li>Individually or in pairs, children throw/kick/hit a ball against the wall trying to catch the rebound in the air or after the least number of bounces</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>Balls (different sizes/types)</li> <li>Rackets/Bats/Sticks</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>Set a goal opposite the wall. One child throws, the other one is in goal. Try to beat the goalie with the rebound.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>Quality of the throw/kick</li> <li>Readiness of keeper</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>Self-responsibility</li> <li>Cooperation/Opposition</li> </ul>	<b>Coach's Comments:</b>	