

# Wildcats (7-8 Year Olds)

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## Manipulation

### High on Coordination

1. 2 Ball Passing
2. Balloon Keepy-Uppy
3. Balloon Tennis
4. Beat the Goalie
5. Chip & Putt
6. Cross Bar Challenge
7. Cross the River
8. Dodge Ball
9. French Cricket
10. Give & Go Passing
11. Group Square Passing
12. Hand/Foot Tennis
13. Hit The Target
14. In the Hoop
15. Ocean Dribble
16. One Pin Bowling
17. Roll the Goal
18. Run of Doom
19. Target Tennis/Cricket
20. Team Reactor
21. Team Target Tennis / Cricket
22. Terminator Passing
23. Throw/Kick & Fetch
24. Wall Rebound

Wildcats Activ8 Club Activity Breaker		
<b>Activity Name:</b> 2 Ball Passing	<b>Target:</b> 9-11	<b>FMS/FSS Main Category:</b> Manipulation / Locomotion  <b>Intensity Level:</b> Moderate to High
<b>Description:</b> <ul style="list-style-type: none"> <li>In groups of 2, children work with 2 balls at the same time. Facing each other one child makes a chest/overhead pass while the other makes a bounce/roll pass.</li> <li>When coach shouts change, children reverse roles.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>Balls</li> <li>Racquets, sticks, bats</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>Add side-step push passes: lead sideways with one leg and push the ball forward with same side hand.</li> <li>Use tennis racquets, hockey sticks, cricket bats...</li> <li>The same but on the move running around/up and down the pitch/court</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>Kids using the right chain of movement for the different types of pass.</li> <li>Overuse of strong hand/foot</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>Cooperation/Communication</li> <li>Spatial awareness</li> <li>Quick thinking/Concentration</li> </ul>	<b>Coach's Comments:</b>	

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 Bar Challenge	<b>Target:</b> 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 have the Challenge of aiming at the target of the crossbar on a set of goals.</li> <li>• To start let the children in pairs 10 metres apart 'punt' the ball to each other.</li> <li>• Can you punt the ball into your partner's hands?</li> <li>• Now set the challenge of kicking at a target of the crossbar on football goals.</li> <li>• Set a competition – how many hits can you get from 5 shots?</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Different sizes of balls (footballs, rugby balls, basketballs, volleyballs)</li> <li>• Football goals</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Begin with throwing the ball at the crossbar.</li> <li>• Use different types of balls, e.g. start with larger balls making it easier to hit the crossbar, then use smaller balls as a challenge.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Kicking Technique</li> <li>• Throwing Technique</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Concentrating and focus on a target / Mental Development.</li> <li>• Team challenge, completing the activity in teams / Connection.</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> French Cricket	<b>Target:</b> 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 small groups one child has a bat. The other children form a circle around the player, 5 metres away.</li> <li>• The batter has to stop the ball hitting their legs, but CANNOT move their feet from the direction they start in.</li> <li>• The children in the circle underarm the ball at the batter to try and hit their legs (under the knee).</li> <li>• The batter can hit the ball away but once it goes to another player in the circle they can throw immediately.</li> <li>• Once hit on the legs with the ball the batters change.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Balls (various sizes)</li> <li>• Cricket bat / hockey stick/ tennis racket/ rounders bat</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Use a larger / smaller ball</li> <li>• Use a tennis racket / hockey stick / rounders bat</li> <li>• Have 2 batters in the middle of the circle</li> <li>• Use 2 balls.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Balance</li> <li>• Agility</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Teamwork / Connection</li> <li>• Communication</li> <li>• Confidence</li> </ul>	<b>Coach's Comments:</b>	

Wildcats Activ8 Club Activity Breaker		
<b>Activity Name:</b> Give & Go Passing	<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> This activity can be built up from children working in lines facing each other to more complex set-ups. The key element is that once a child passes he/she has to move to a new position. Passing could be done with hands/feet and in different ways (roll, under/over, toe poke, sole, drop kick, etc.) Basic Lines: in groups of 4-6 children form two lines facing each other (2/3 children in each line). One ball. Child passes across and runs to join the back of the opposite line and so on.	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Tennis Ball/Small Footballs/Soft Balls</li> <li>• Cones</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Key variations will revolve around the type of pass or what happens once a child has passed the ball (i.e. ask them to complete an obstacle course or to hop, or perhaps to zig-zag and work on dodging skills)</li> <li>• Different set-ups: using triangles/squares children pass and follow their pass but before doing so they run to the middle of the triangle/square and work on a change of pace/direction</li> <li>• Same but there is someone in the middle of the square/triangle so the balls go through the middle before reaching the next line. This could also be done with everyone going through the middle after their pass so the person in the middle changes after every pass (see Star Passing AB)</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Correct position of hands to avoid injuries. Fingers should point up ready to receive ball and providing clear target</li> <li>• Children not understanding rotation</li> <li>• Children passing to children who are not ready (ball in the face!)</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Connection with others</li> <li>• Concentration and Timing / Mental Development</li> <li>• Upper body strength</li> <li>• Agility (change of pace/direction)</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Group Square Passing	<b>Target:</b> 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>• Set up a 3x3 or 5x5 (dep of age) square using cones.</li> <li>• Each child stands in a corner and using a ball passes and catches moving the ball round the four corners.</li> <li>• Change the direction of the pass.</li> <li>• Take one player away from the corners and move into the centre of the square. It now becomes 3 v 1, you can only pass down the sides of the square, not across the square. Passers have to move to the good corner (the one away from the defender)</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Balls</li> <li>• Cones</li> <li>• Hockey Sticks</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Use kicking skills.</li> <li>• Use Hockey sticks and a hockey push pass.</li> <li>• Use a rugby / Gaelic pass.</li> <li>• Make the square larger / smaller depending on the size of the group.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Body position when receiving the ball in relation to the next pass.</li> <li>• Movement and timing to receive the ball in 3 v 1.</li> <li>• Choosing the right pass based on where the defender is (bad vs good corner)</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Teamwork / Connection</li> <li>• Confidence</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Hand / Foot Tennis	<b>Target:</b> 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>• In pairs players with a ball play a rally with each other letting the ball bounce once. Play pass and 'catch' first.</li> <li>• Use your hand to pass the ball – either with cones or a sports hall line acting as a net, play a game against your partner.</li> <li>• Use a football to 'kick and catch' to improve kicking skills with a net as a mid-point.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Footballs / Tennis Balls/Balloons</li> <li>• Cones</li> <li>• Mini Tennis Net/Benches</li> <li>• Scarves</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• For smaller children use scarves to catch</li> <li>• Use larger balls</li> <li>• Introduce 2 bounce to make the game flow and last longer</li> <li>• 2 v 2</li> <li>• Group competition</li> <li>• Volley the ball across instead of the catch – depending on the ability of the group.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Foot movement in relation to the ball.</li> <li>• Awareness of space on the court</li> <li>• Decisions making in the game situation.</li> </ul>	<b>Coach's Comments:</b>	
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Spatial Awareness</li> <li>• Confidence</li> <li>• Communication in 2 v 2</li> </ul>		

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Hit the Target	<b>Target:</b> 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>• Target game with the aim of the children focussing on shooting at a target.</li> <li>• Work in pairs – one person with a hula hoop, partner standing 5 metres away has to throw the ball / beanbag through the hoop.</li> <li>• Partner now moves the hoop up and down to different levels, challenging the thrower.</li> <li>• Increase the distance apart from the target to 10 metres.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Hoops</li> <li>• Balls / Beanbags</li> <li>• Cones</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Kick the ball at a target goal. Cone off the corners of the goal, can you get the ball into the coned area.</li> <li>• Using cricket stumps can you throw the ball, firstly to hit the both sets of stumps sitting side by side, and then take one set of stumps away to make a smaller target?</li> <li>• 5 turns each, who can get the most hits?</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Body position in relation to the target.</li> <li>• Make the game achievable for the children, larger targets first.</li> <li>• Throwing / kicking technique.</li> </ul>	<b>Coach's Comments:</b>	
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Concentration / Mental Development.</li> <li>• Focus on the target.</li> <li>• Confidence – you can score goals.</li> </ul>		

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> In the Hoop	<b>Target:</b> 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>Put children in pairs with a ball and hoop each. Begin with a player holding the hoop up a target and having throws at the hoop.</li> <li>5 goes each who can get the most?</li> <li>Place the hoop on the floor, players stand 5 metres away and shot to get the ball to land in the hoop.</li> <li>Demonstrate Basketball and Netball shooting technique.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>Footballs / Basketballs / Handballs</li> <li>Basketball / Netball Posts</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>Introduce a lowered Basketball / Netball net for shooting.</li> <li>Change the size of the ball.</li> <li>Set up a small sided team game with a 'hoop' target for a goal.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>Shooting technique</li> <li>Focus on the target</li> <li>Body position</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>Concentration / Mental Development</li> <li>Focus</li> <li>Confidence</li> <li>Team Work / Connection</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> 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> 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> Target Tennis / Cricket	<b>Target:</b> 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>• Target game concentrating on a tennis shot (forehand / backhand / volley) or cricket shot (pull or forward drive).</li> <li>• In small groups set up a target 10 metres away – children are shown the shot, they then have the opportunity to play the shot into a target.</li> <li>• 5 goes each – how many can you score?</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Cricket Bat / Tennis Racket</li> <li>• Tennis balls</li> <li>• Cones</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Try different shots.</li> <li>• Make the target bigger / smaller.</li> <li>• Play a team game – one team acts as fielders between the target cones, to score a point for your team you must get the ball past the fielders with the selected shot. The team with the most points wins.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Shot Technique</li> <li>• Body Position</li> <li>• Focus on the target</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Confidence in playing the shot</li> <li>• Team work</li> <li>• Introduction to a Sport</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Team Reactor	<b>Target:</b> 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>• Team game using reaction balls.</li> <li>• Split group into 2 teams.</li> <li>• Teams line up in two lines beside each other. Coach stands in front of the first 2 children at the front of the line. The coach has an agility ball in each hand, both balls drop and bounce at the same time, first player to get the ball cleanly in their hands wins a point for their team.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Reaction balls</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Widen the space between the teams.</li> <li>• Throw the balls up in the air, to get more reaction when they bounce.</li> <li>• Round Robin team competition.</li> <li>• If enough reaction balls, it can be done 1v1 or 2v2 with children dropping the ball and being in charge</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Starting position</li> <li>• Reaction times</li> <li>• Agility</li> <li>• Coordination</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Reactions</li> <li>• Confidence</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Team Target Tennis / Cricket	<b>Target:</b> 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>Split the group into two teams – one batters, one fielders.</li> <li>The Coach acts as a 'Bowler', batting side sit behind the stumps and come to bat one at a time.</li> <li>Fielders spread out in the field.</li> <li>When the batters hit the ball they must run around a cone at the side and get back in front of the stumps before the bowler bowls.</li> <li>The game is 'Continuous' once the fielders get the ball they throw to the bowler and he bowls. Team with the most runs wins. The batter is out if they are bowled or caught.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>Kwik Cricket Set / Tennis Rackets</li> <li>Tennis Balls</li> </ul>	
	<b>Variations:</b> <ul style="list-style-type: none"> <li>Larger ball.</li> <li>Caught out by one bounce off the ground.</li> <li>Play two innings and add the team scores together.</li> <li>Use a tennis racket.</li> <li>Nominate a tennis shot for the batter.</li> </ul>	
	<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>Batting / hitting stance and technique</li> <li>Catching &amp; Throwing technique</li> </ul>	
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>Teamwork</li> <li>Maths – make a person the team scorekeeper</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Terminator Passing	<b>Target:</b> 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>In groups of 4 to 6.</li> <li>1 player stands in front of the other players who are lined up with 2 balls.</li> <li>The player receives the first ball from the line and can only pass back to a player in the line without a ball, the second ball is then passed, as before you can only pass back to someone without a ball.</li> <li>How many passes can you make in 1 minute?</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>Tennis Balls / Rugby Balls / Handballs</li> <li>Hockey/ Hurling Sticks</li> <li>Cones</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>Introduce more balls.</li> <li>Use different balls e.g. footballs, volleyballs, basketballs, tennis balls.</li> <li>Passer has to run to a cone 2 metres behind them and come back before receiving the next pass.</li> <li>Use Hockey or Hurling pass.</li> </ul>		<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>Passing and catching technique.</li> <li>Passing and catching technique under pressure of time.</li> <li>Body position.</li> </ul>
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>Eye / Hand Coordination.</li> <li>Confidence to catch and pass.</li> <li>Communication.</li> <li>Timing of the pass in relation to the next ball.</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> 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>	