

# Wildcats (7-8 Year Olds)

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## NetWall Games

1. 1v1 / 2v2 Goals
2. Catch Tennis
3. No Dribble Basketball
4. No Dribble Handball
5. One / Two Touch Football
6. Piggy in the Middle
7. Roll 1v1 / 2v1 / 2v2
8. Top Ten

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> 1v1 / 2v2 Goals	<b>Target:</b> 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation / Co-ordination Locomotion / Agility Invasion Games
		<b>Intensity Level:</b> Low to moderate
<b>Description:</b> In a 10x10 coned area set up a goal (3-4 metres wide) at one end. Players dribble a ball from opposite side and attempt to score a goal passed a nominated goalkeeper.	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Different balls (basketball, football, netball, rugby ball)</li> <li>• Hockey sticks</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Use a different dribbling / passing method each time.</li> <li>• Set up an obstacle course for the player to navigate before attempting to beat the goalie.</li> <li>• Progress to 2v1, 3v2 with both passive and active defenders.</li> <li>• Set up a goal at both ends for 2v2 / 3v3 mini games.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Eyes on ball</li> <li>• Keeping possession</li> <li>• Give and go</li> <li>• Creating space in attack and defence—moving into space, passing into space</li> <li>• Utilising width and depth of court</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Connection</li> <li>• Teamwork</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Catch Tennis	<b>Target:</b> 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation / Coordination Locomotion / Agility Net / Wall Games
		<b>Intensity Level:</b> Moderate to High
<b>Description:</b> The purpose is for the children to learn strategies for moving the ball around a playing area and the importance of placing the ball in different spots. Each child has a partner. Each pair has a ball and a coned area to play in. The idea is for the students to throw and catch the ball instead of hitting it with a racket. This will allow for greater control and a longer rally. Many games strategies and rules can be coached in this fashion. E.g. throw the ball away from your partner to make it harder for him/her to get it.	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Different balls (tennis, basketball, football etc.).</li> <li>• Agility balls.</li> <li>• Badminton/volleyball net (or simple line of cones on ground can also be used).</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>• Practise throwing and catching with both left and right hands.</li> <li>• Introduce 1v1, 1v2, 2v2 etc.</li> <li>• Use larger balls.</li> <li>• Use of different techniques with larger balls – push/pull/side throws.</li> <li>• More advanced children could use an agility ball.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>• Concentration</li> <li>• Good throwing stance.</li> <li>• Use of kinetic chain – especially torso rotation when throwing larger balls.</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>• Connection</li> <li>• Teamwork</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> No Dribble Basketball	<b>Target:</b> 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation / Coordination Locomotion / Agility Invasion Games
		<b>Intensity Level:</b> Moderate to High
<b>Description:</b> This game can be played 2 v 2; 3 v 3; or 4 v 4, so divide the children into teams based on what size of game you want to use. There is no dribbling allowed. Players must pass the ball. When a basket is made, the other team retrieves the ball and moves up court. Defensive players cannot take a ball from an offensive player, or knock it out of their hands. They can intercept or knock down passes.	<b>Equipment:</b> <ul style="list-style-type: none"> <li>Different balls (tennis, basketball, football etc.)</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>With and without communicating.</li> <li>2 minutes of only a certain type of pass: bounce, chest, overhead.</li> <li>Certain number of passes before any shooting attempts.</li> <li>Can be played as benchball if not nets available or too high/too far apart.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>Concentration</li> <li>Good passing technique</li> <li>Lack of spatial/auditory awareness</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>Co-operation / Character and Caring</li> <li>Teamwork / Connection</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> No dribble Handball	<b>Target:</b> 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation / Coordination Locomotion / Agility Invasion Games
		<b>Intensity Level:</b> Moderate to High
<b>Description:</b> This game can be played 2 v 2; 3 v 3; or 4 v 4, so divide the children into teams based on what size of game you want to use. There is no dribbling allowed. Players must pass the ball. When a goal is scored, the other team retrieves the ball. Defensive players cannot take a ball from an offensive player, or knock it out of their hands. They can intercept or knock down passes.	<b>Equipment:</b> <ul style="list-style-type: none"> <li>Handballs/Medium size softballs</li> <li>Cones</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>With and without communicating.</li> <li>2 minutes of only a certain type of pass: bounce, chest, overhead.</li> <li>Certain number of passes before any shooting attempts.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>Concentration</li> <li>Good passing technique</li> <li>Lack of spatial/auditory awareness.</li> <li>Children are utilising correct passing options.</li> <li>Poor communication.</li> <li>Quality of passing and catching.</li> <li>Players standing</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>Co-operation / Character and Caring</li> <li>Teamwork / Connection</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> One / Two Touch Football	<b>Target:</b> 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation / Co-ordination Invasion Games
		<b>Intensity Level:</b> Low to Moderate
<b>Description:</b> <ul style="list-style-type: none"> <li>Split group into pairs.</li> <li>Line up opposite each other.</li> <li>Pass football using inside/outside/front of foot whilst stationary.</li> <li>Use both feet.</li> <li>Use two touches initially then reduce to one touch.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>Footballs</li> <li>Cones</li> </ul>	
<b>Variations:</b> <ul style="list-style-type: none"> <li>Pass and receive whilst moving.</li> <li>2v1, 3v1. (piggy in the middle)</li> <li>Turn into a match with goals at both ends</li> <li>Timed passes e.g. how many passes in 1 min?</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>Concentration</li> <li>Good passing technique.</li> <li>Communication between players</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>Connection / Teamwork</li> </ul>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Piggy in the Middle	Target: 5-6 / 7-8 / 9-11	FMS/FSS Main Category: Manipulation/Coordination
		Intensity Level: 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>	<b>Coach's Comments:</b>	

Activ8 Wildcats Club Activity Breaker		
<b>Activity Name:</b> Roll 1v1/2v1/2v2	<b>Target:</b> 7-8 / 9-11	<b>FMS/FSS Main Category:</b> Manipulation / Coordination Invasion Games
		<b>Intensity Level:</b> Low to Moderate
<b>Description:</b> <ul style="list-style-type: none"> <li>Split group into pairs initially.</li> <li>Pairs line up 6 – 10 metres apart (depending on age and ability), facing each other and defending a small goal (2 cones).</li> <li>They each take turns to roll the ball at each other's goal.</li> <li>First to 5 wins.</li> </ul>	<b>Equipment:</b> <ul style="list-style-type: none"> <li>Different balls (tennis, basketball, football etc.)</li> <li>Reaction balls</li> <li>Cones</li> </ul>	
<b>Variations</b> <ul style="list-style-type: none"> <li>Introduce 2v1, 2v2.</li> <li>Use different types of balls.</li> <li>Use weaker hand.</li> </ul>		
<b>Keep an eye on:</b> <ul style="list-style-type: none"> <li>Concentration.</li> <li>Good rolling stance.</li> <li>Readiness of defenders.</li> </ul>		
<b>Other Benefits:</b> <ul style="list-style-type: none"> <li>Connection / Teamwork</li> </ul>	<b>Coach's Comments:</b>	



Activ8 Wildcats Club Activity Breaker		
Activity Name: Top Ten	Target: 5-6 / 7-8 / 9-11	FMS/FSS Main Category: Manipulation/Coordination
		Intensity Level: 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>	