

Wildcats (9-11 Year Olds)

Locomotion

High on Agility

1. Basketball / Basekickball
2. Bench Ball
3. Bench Volley
4. Den Ball
5. Dodge Ball
6. Golden Child
7. Round Challenge
8. Tag American Football
9. Target Man
10. Wing Support

Activ8 Wildcats Club Activity Breaker		
Activity Name: Basketball / Basekickball	Target: 7-8 / 9-11	FMS/FSS Main Category: Locomotion / Agility
		Intensity Level: Moderate
Description: Split the group in to two teams, fielders and Throw/ Kickers. The fielders spread out in the area and the attacking team can either throw or kick the ball into the area, while the fielders are returning the ball to the base line the attacker runs to perform a task i.e. basketball throws, each basket is a run. If the fielders return the ball before a basket is scored, no runs are counted. If the fielders catch the ball before it bounces the attacker is automatically out.	Equipment: <ul style="list-style-type: none"> Basketball/ Footballs Target for task – task dependent 	
Variations: <ul style="list-style-type: none"> The game can be varied in a number of ways; conditions can be placed on the fielding team, making them pass the ball around each team member to slow them down returning the ball and giving the attackers more time to shoot their baskets. Or they can dribble the ball back or bounce on the way back to home base. Alternatively if the fielding team catch the ball before it bounces that can mean all the attackers being out and switching over with the fielders. The task can be changed to a penalty kick or a bean bag throw into a target etc. 		
Keep an eye on: <ul style="list-style-type: none"> Agility of the fielders returning the ball Change of direction by both attackers and fielders 		
Other Benefits: <ul style="list-style-type: none"> Team work / Connection Communication with other team mates to return the ball Working under slight pressure, performing the task 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Bench Ball	Target: 7-8 / 9-11	FMS/FSS Main Category: Locomotion / Agility
		Intensity Level: Moderate
Description: <ul style="list-style-type: none"> Team game to develop passing and movement skills. Divide the group into teams. Play 'netball' rules (when you have the ball you can't dribble with it). Each team has a 'catcher' on a bench at opposite ends of the area. To score a goal the ball must be passed to the catcher on the bench. 	Equipment: <ul style="list-style-type: none"> Balls Benches Bibs 	
Variations: <ul style="list-style-type: none"> Use 3 / 4 goals Conditioned games – must make at least 3 passes before you shoot. Must make a pass back before you shoot. 2 catchers on the bench Use different balls, i.e. netball, handball, rugby ball, tennis ball Catcher can't move 		
Keep an eye on: <ul style="list-style-type: none"> Passing & Catching technique Movement skills Team play/Ball Hogging 		
Other Benefits: <ul style="list-style-type: none"> Communication Game Awareness Decision Making / Mental Development 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Bench Volley	Target: 7-8 / 9-11	FMS/FSS Main Category: Locomotion / Agility
		Intensity Level: Moderate to high
Description: <ul style="list-style-type: none">Split group into 2 even teamsMark out a coned area with teams on opposite sides of the court.A bench is placed in middle to act as the net.Players must keep the ball/balloon off the floor on their side and push the ball over the bench to the other side.A team scores a point when the ball lands on the other side.	Equipment: <ul style="list-style-type: none">BallsBalloonsBenchCones	
Variations: <ul style="list-style-type: none">Use different equipment to increase/decrease difficulty. E.g. ball/balloon.Must make 3 team passes before hitting over the bench.Players must kneel instead of standing. Improves core strength and makes game more inclusive.		
Keep an eye on: <ul style="list-style-type: none">Quality of movement/ReadinessCentre of gravityStruggle to change direction/push off one foot		
Other Benefits: <ul style="list-style-type: none">Teamwork / Connection	Coach’s Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Den Ball	Target: 7-8 / 9-11	FMS/FSS Main Category: Locomotion / Agility
		Intensity Level: High
Description: As in a typical game of tag, one ‘tagger’ is designated to catch the rest of the players in the game within a defined space by tapping them. In this game, players can be protected from ‘tagging’ by being in possession of the ball which the non-tagging players have between them. This means that these players should pass the ball to try to stop the ‘taggers’ from being able to tag one of their team-mates. Players cannot run with the ball in possession (as in netball).	Equipment: <ul style="list-style-type: none">• Markers / Cones• Balls from any sport/s• Bibs (to identify ‘tagger’)	
Variations: <ul style="list-style-type: none">• Change the mode of travel for the ‘tagger’ or non-tagging team (e.g. hopping / side steps / jumping / running).• Increase or reduce the size of the space designated to play in.• Change the type of ball being used.		
Keep an eye on: <ul style="list-style-type: none">• Chain of movement / coordination required by the pass.• Ability to turn and stop quickly.• Weight transfer in pass.• Game awareness to spot an appropriate pass.		
Other Benefits: <ul style="list-style-type: none">• Creativity (problem solve ‘how’ to transfer ball to teammate most in need of pass).• Connection to teammates.• Communication with others.	Coach’s Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Dodge Ball	Target: 5-6 / 7-8 / 9-11	FMS/FSS Main Category: Manipulation/Coordination Agility
		Intensity Level: Moderate to High
Description: <ul style="list-style-type: none"> Split group into teams of 2-3-4 players (have more than one game going if need be) 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 The teams line up at both ends and on the whistle go for the balls and the game starts. 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) 	Equipment: <ul style="list-style-type: none"> Soft Balls (different sizes) Cones 	
Variations: <ul style="list-style-type: none"> 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. 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 Weak hand throws Kicking instead of throwing 		
Keep an eye on: <ul style="list-style-type: none"> Throwing technique Quality of movement/Readiness Catching Throwing Fakes 		
Other Benefits: <ul style="list-style-type: none"> Connection Team work General Fitness 	Coach's Comments:	

Wildcats Activ8 Club Activity Breaker		
Activity Name: Golden Child	Target: 7-8 / 9-11	FMS/FSS Main Category: Manipulation / Coordination Locomotion / Agility
		Intensity Level: Moderate to High
Description: <ul style="list-style-type: none"> Split the group in 2. One team is running the other team is shooting. Lay out 4 cones to build a baseball diamond. Each cone is a base. Runners line up behind first base. The shooting team lines up in front of the basket/goal/target and in turns takes a shot. As soon as the shooting team starts shooting, the first runner goes. If the shooting team scores before the runner makes it back to base the runner freezes wherever he/she is and the next runner goes. Every time a runner gets back to base they get a point. Play till all the players are frozen or to a set time and keep track of the runs. Key point! One of the runners is the golden child and he/she has the power to unfreeze people as he/she runs past them so they can get back in the game and complete their run. So obviously the shooting team wants to freeze the golden child as soon as possible. 	Equipment: <ul style="list-style-type: none"> Balls Cones 	
Variations: <ul style="list-style-type: none"> The shooting team could be shooting at a basket, bowling at the wickets, trying to score a goal, knocking a cone down, throwing a beanbag into a hoop, etc. If the teams are large, have two golden children 		
Keep an eye on: <ul style="list-style-type: none"> Kids not understanding the rules Kids not freezing quickly and cheating Rate of success of the shooting team to adjust the size of the goal/distance 		
Other Benefits: <ul style="list-style-type: none"> Cooperation / Communication / Connection. Concentration / Mental Development. 	Coach's Comments:	

Wildcats Activ8 Club Activity Breaker		
Activity Name: Round Challenge	Target: 7-8 / 9-11	FMS/FSS Main Category: Manipulation / Coordination Locomotion / Agility
		Intensity Level: Moderate to High
Description: In groups of 2. One child stands while the other runs in circles around him/her passing the ball back and forth. The distance between the two children should be adapted depending on the ability to throw/pass/catch. When the middle child shouts change, the runner changes direction. Go for 30 seconds each.	Equipment: <ul style="list-style-type: none">Balls	
Variations: <ul style="list-style-type: none">As the children get more confident, we can ask them to use their right hand/foot only when running anti-clockwise and their left when going clock-wise.Football pass, rugby pass, etc		
Keep an eye on: <ul style="list-style-type: none">Children being able to run in circles with their head up.Accuracy and strength of the passing.		
Other Benefits: <ul style="list-style-type: none">Reaction timeBilateral developmentTiming	Coach’s Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Tag American Football	Target: 9-11	FMS/FSS Main Category: Locomotion / Agility
		Intensity Level: High
Description: <ul style="list-style-type: none"> Split group into 2 even teams. Mark out coned area with scoring zones at either end. Players must score by getting the ball into scoring zones. They are allowed to move with the ball or pass in any direction. Opposing team players pull tags or bibs in order to turn over the ball (or touch). Once a player has been tagged while they have the ball, they must give possession to the other team. 	Equipment: <ul style="list-style-type: none"> Bibs or tag belts Cones 	
Variations: <ul style="list-style-type: none"> Conditioned rules on the game. Can only throw/pass ball into scoring zone. Possession game as opposed to scoring zone. If team makes 5/10 passes then they score 1 point. If team holds onto ball for 30 seconds, they get a score. If a player gets tagged, they must do a forfeit before returning to the game. E.g. 5 star jumps. 		
Keep an eye on: <ul style="list-style-type: none"> Throwing technique Quality of movement/Readiness Catching Spatial awareness 		
Other Benefits: <ul style="list-style-type: none"> Team work Fitness Understanding game rules. 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Target Man	Target: 7-8 / 9-11	FMS/FSS Main Category: Locomotion / Agility
		Intensity Level: High
Description: <ul style="list-style-type: none"> Choose 1 player to be the catcher and 1 to be the target. Target player and rest of group form a circle holding hands. Catcher runs around outside of circle attempting to catch the target player. The circle of players must work together to protect the target from getting caught. Once the target is caught or after 10-15 seconds, select 2 new players for each role. 	Equipment: <ul style="list-style-type: none"> None required 	
Variations: <ul style="list-style-type: none"> Smaller groups of circles. Target player also runs around outside of circle instead of being part of circle. 		
Keep an eye on: <ul style="list-style-type: none"> Teamwork Quality of movement Pulling/pushing participants 		
Other Benefits: <ul style="list-style-type: none"> Lower Centre of gravity Change of direction 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker			
Activity Name: Wing Support	Target: 9-11 yrs	FMS/FSS Main Category: Locomotion (high on agility)	
		Intensity Level: High	
Description: <ul style="list-style-type: none">Place 5 cones across the middle of the area, 10 yards in from each sideline. Play 4 vs 4.The ball is not allowed to travel through or over the discs. The object of the game is to get the ball wide in the near side of the field and attack the flanks of the attacking area.Although the ball is not allowed to travel over the discs, players may make runs over the discs. Coaching Points <ul style="list-style-type: none">Create space on the flanks by drawing defenders from the attacking space.Diagonal runs, blind-side runs and overlapping runs should be encouraged to exploit space.Supporting players must get in forward attack to meet the crosses to the prime scoring area. Variations: <ul style="list-style-type: none">Decrease the number and width of the discs in the area.Players can pass the ball through the discs if they play a 1-2 combination to do so. Keep an eye on: <ul style="list-style-type: none">Body position, passing and movement, awareness and decision making. Other Benefits: <ul style="list-style-type: none">Development of team play.	Equipment: <ul style="list-style-type: none">Football, Netball, Rugby ball, BasketballCones,Goals		