

Wildcats (9-11 Year Olds)

Manipulation

High on Coordination

1. Dodge Ball
2. Group Square Passing
3. Hand / Foot Tennis
4. Hit the Target
5. Keepy Uppy
6. Knock Out
7. Pass and Weave (3 Man Weave)
8. Team Reactor
9. Terminator Passing
10. Wall Rebound

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:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Group Square Passing	Target: 7-8 / 9-11	FMS/FSS Main Category: Manipulation / Coordination Intensity Level: Moderate
Description: <ul style="list-style-type: none"> Set up a 3x3 or 5x5 (dep of age) square using cones. Each child stands in a corner and using a ball passes and catches moving the ball round the four corners. Change the direction of the pass. 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) 	Equipment: <ul style="list-style-type: none"> Balls Cones Hockey Sticks 	
Variations: <ul style="list-style-type: none"> Use kicking skills. Use Hockey sticks and a hockey push pass. Use a rugby / Gaelic pass. Make the square larger / smaller depending on the size of the group. 		
Keep an eye on: <ul style="list-style-type: none"> Body position when receiving the ball in relation to the next pass. Movement and timing to receive the ball in 3 v 1. Choosing the right pass based on where the defender is (bad vs good corner) 		
Other Benefits: <ul style="list-style-type: none"> Teamwork / Connection Confidence 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Hand / Foot Tennis	Target: 7-8 / 9-11	FMS/FSS Main Category: Manipulation / Coordination Intensity Level: Moderate
Description: <ul style="list-style-type: none"> • In pairs players with a ball play a rally with each other letting the ball bounce once. Play pass and 'catch' first. • 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. • Use a football to 'kick and catch' to improve kicking skills with a net as a mid-point. 	Equipment: <ul style="list-style-type: none"> • Footballs / Tennis Balls/Balloons • Cones • Mini Tennis Net/Benches • Scarves 	
Variations: <ul style="list-style-type: none"> • For smaller children use scarves to catch • Use larger balls • Introduce 2 bounce to make the game flow and last longer • 2 v 2 • Group competition • Volley the ball across instead of the catch – depending on the ability of the group. 		
Keep an eye on: <ul style="list-style-type: none"> • Foot movement in relation to the ball. • Awareness of space on the court • Decisions making in the game situation. 	Coach's Comments:	
Other Benefits: <ul style="list-style-type: none"> • Spatial Awareness • Confidence • Communication in 2 v 2 		

Activ8 Wildcats Club Activity Breaker		
Activity Name: Hit the Target	Target: 7-8 / 9-11	FMS/FSS Main Category: Manipulation / Coordination
		Intensity Level: Moderate
Description: <ul style="list-style-type: none"> • Target game with the aim of the children focussing on shooting at a target. • Work in pairs – one person with a hula hoop, partner standing 5 metres away has to throw the ball / beanbag through the hoop. • Partner now moves the hoop up and down to different levels, challenging the thrower. • Increase the distance apart from the target to 10 metres. 	Equipment: <ul style="list-style-type: none"> • Hoops • Balls / Beanbags • Cones 	
	Variations: <ul style="list-style-type: none"> • Kick the ball at a target goal. Cone off the corners of the goal, can you get the ball into the coned area. • 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? • 5 turns each, who can get the most hits? 	
Keep an eye on: <ul style="list-style-type: none"> • Body position in relation to the target. • Make the game achievable for the children, larger targets first. • Throwing / kicking technique. 		
Other Benefits: <ul style="list-style-type: none"> • Concentration / Mental Development. • Focus on the target. • Confidence – you can score goals. 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Keepy Uppy	Target: 5-6 / 7-8 / 9-11 Depending on equipment used	FMS/FSS Main Category: Manipulation / Coordination Intensity Level: Moderate
Description: <ul style="list-style-type: none"> • Players split into small groups of 4 or 5 and form a circle. • 1 player begins with the ball and proceeds to kick/hit the ball into the air. • Without letting the ball bounce, the next player steps in and keeps the ball up using body part. • This continues until a player has dropped the ball and is out of the game. • The game continues until there is a winner. 	Equipment: <ul style="list-style-type: none"> • Soft Balls (variety of shapes and sizes) • Balloons 	
Variations: <ul style="list-style-type: none"> • Use a variation of balls including footballs, tennis balls and balloons. • Depending on the ability level of the group; allow a bounce in between player transfers. • This will allow players to prepare themselves and have more time to adjust their position. • Condition the game so the players are only allowed to use certain body parts. • Sequence the game so that it is in order. E.g. player 1 uses head, player 2 uses hand, 3 uses foot etc. • 5 passes and next player shoots at target. 		
Keep an eye on: <ul style="list-style-type: none"> • Centre of Gravity • Body Positioning and stance • Turn Taking 	Coach's Comments:	
Other Benefits: <ul style="list-style-type: none"> • Creativity through exploring different ways of keeping ball off the ground / different techniques. • Connection to team members in the collective effort to keep ball off the ground. 		

Activ8 Wildcats Club Activity Breaker		
Activity Name: Knock Out	Target: 5-6 / 7-8 / 9-11	FMS/FSS Main Category: Manipulation / Coordination
		Intensity Level: Low to Moderate
Description: <ul style="list-style-type: none"> Set up a cone approx. 3 metres from a basketball net. Players line up behind the cone; first 2 players have a ball each. First player in line takes a shot; if they score, they rejoin back of line. If player 1 misses, and player 2 scores, player 1 is out. The same happens if player 2 misses, and player 3 scores. Player 2 is out. Players can either be eliminated in competition, or carry out a forfeit to rejoin the game. 	Equipment: <ul style="list-style-type: none"> Basketball net/football net or target. Basketballs/footballs/depending on which activity. Cones 	
Variations: <ul style="list-style-type: none"> Use football nets and have a penalty knock out. Target practice for throwing events instead. Give players lives. E.g. 3 and then eliminated. 		
Keep an eye on: <ul style="list-style-type: none"> Throwing technique Foot placement Peer encouragement 		
Other Benefits: <ul style="list-style-type: none"> Turn Taking / Character and Caring Fun, enjoyable game 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Pass and Weave (3 Man Weave)	Target: 7-8 / 9-11	FMS/FSS Main Category: Manipulation / Coordination Locomotion / Agility Intensity Level: High
Description: In a defined space three players start evenly spaced apart and the opposite end of the space from a goal, target or basket. The three players have one ball between them and are evenly spaced along the baseline of the space. The ball starts with the player in the middle of the baseline. Once the first pass is made players follow their pass in a weave like movement behind the player they passed the ball to before shooting at the target at the end of the space.	Equipment: <ul style="list-style-type: none"> • Different balls (tennis, basketball, football etc.). • Cones / Markers. • Goal / Target / Basket 	
Variations: <ul style="list-style-type: none"> • Different types of dribble / movement. • Introduce different types of ball / target. • Introduce passive or active defenders. • Introduce a time challenge aspect to the activity. 		
Keep an eye on: <ul style="list-style-type: none"> • Concentration. • Ability to send / pass ball. • Use of kinematic chain – especially torso rotation when throwing larger balls. • Ability to turn and change direction. 		
Other Benefits: <ul style="list-style-type: none"> • Connection. • Teamwork. • Communication. 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Team Reactor	Target: 7-8 / 9-11	FMS/FSS Main Category: Manipulation / Coordination Intensity Level: Moderate
Description: <ul style="list-style-type: none"> • Team game using reaction balls. • Split group into 2 teams. • 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. 	Equipment: <ul style="list-style-type: none"> • Reaction balls 	
Variations: <ul style="list-style-type: none"> • Widen the space between the teams. • Throw the balls up in the air, to get more reaction when they bounce. • Round Robin team competition. • If enough reaction balls, it can be done 1v1 or 2v2 with children dropping the ball and being in charge 		
Keep an eye on: <ul style="list-style-type: none"> • Starting position • Reaction times • Agility • Coordination 		
Other Benefits: <ul style="list-style-type: none"> • Reactions • Confidence 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Terminator Passing	Target: 7-8 / 9-11	FMS/FSS Main Category: Manipulation / Coordination Intensity Level: Moderate to High
Description: <ul style="list-style-type: none"> In groups of 4 to 6. 1 player stands in front of the other players who are lined up with 2 balls. 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. How many passes can you make in 1 minute? 	Equipment: <ul style="list-style-type: none"> Tennis Balls / Rugby Balls / Handballs Hockey/ Hurling Sticks Cones 	
Variations: <ul style="list-style-type: none"> Introduce more balls. Use different balls e.g. footballs, volleyballs, basketballs, tennis balls. Passer has to run to a cone 2 metres behind them and come back before receiving the next pass. Use Hockey or Hurling pass. 		
Keep an eye on: <ul style="list-style-type: none"> Passing and catching technique. Passing and catching technique under pressure of time. Body position. 		
Other Benefits: <ul style="list-style-type: none"> Eye / Hand Coordination. Confidence to catch and pass. Communication. Timing of the pass in relation to the next ball. 	Coach's Comments:	

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