

Wildcats (9-11 Year Olds)

Manipulation

High on Coordination

1. Balance Battles
2. Ball Press Ups
3. Bear / Crab Roll Ball
4. Quick Colour Tapping
5. Quick Fire Jumps
6. The Plank
7. Touch Boxing
8. Wheel Barrow Races
9. Wobble Board Sit Ups

Activ8 Wildcats Club Activity Breaker		
Activity Name: Balance Battles	Target: 5-6 / 7-8	FMS/FSS Main Category: Stability/Balance Intensity Level: Moderate
Description: <ul style="list-style-type: none"> • In 2s • Children stand facing each other at either side of a line on the floor and play balance battles: • Palms on: constant push on whistle • Palms on: hit and retreat on whistle • Grab each other's wrists: pull on whistle • Back to back: push on whistle • Shoulder on: push on whistle • Step on each other's toes (one point for each time you do) 	Equipment: <ul style="list-style-type: none"> • None 	
Variations: <ul style="list-style-type: none"> • As above 		
Keep an eye on: <ul style="list-style-type: none"> • Width of base • Height of COG • Engaging of legs and back 	Coach's Comments:	
Other Benefits: <ul style="list-style-type: none"> • Connection • Character • FUN 		

Wildcats Activ8 Club Activity Breaker		
Activity Name: Ball Press Ups	Target: 7-8 / 9-11	FMS/FSS Main Category: Balance / Stability Intensity Level: Moderate to High
Description: Initially children hold a press-up like position putting both hands on the ball. If this is too hard, they could start putting one hand on the ball and one off the ball, or putting feet on the ball and hands on the floor. Swiss balls are very good initially to put feet on.	Equipment: <ul style="list-style-type: none"> • Basketballs/Footballs/Swiss Balls 	
Variations: <ul style="list-style-type: none"> • Progress to press ups/knee press ups • Use two balls: <ul style="list-style-type: none"> ○ One for hands one for feet ○ One hand on each 		
Keep an eye on: <ul style="list-style-type: none"> • Correct posture and children struggling to hold the position • Children lacking strength may be at risk of falling flat on the floor. Spot them quick and get them to do it off their knees 		
Other Benefits: <ul style="list-style-type: none"> • Confidence in own strength • Core strength 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Bear/Crab RollBall	Target: 5-6 / 7-8	FMS/FSS Main Category: Stability/Balance/ Agility Intensity Level: High
Description: <ul style="list-style-type: none"> • Children are in teams of 3-4-5 • Children play a game of handball with a tennis ball while doing bear/crab walk • Only allowed to roll the ball • Ball can only be intercepted with hands 	Equipment: <ul style="list-style-type: none"> • Cones 	
Variations: <ul style="list-style-type: none"> • Allow children to pass the ball in the air • Allow to intercept ball with feet • Play bears vs crabs • Force a set number of passes before a shot at goal can be attempted • Play to the highest number of passes without scoring goals 		
Keep an eye on: <ul style="list-style-type: none"> • Limb strength needed to perform this walk • Hands too close/wide • Less able players withdrawing • Use of space • Reducing numbers if needed 		
Other Benefits: <ul style="list-style-type: none"> • Body/Core strength • Connection/Trust • Body strength confidence • Team work • Team tactics 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Quick Colour Tapping	Target: 5-6 / 7-8	FMS/FSS Main Category: Stability/Balance/ Coordination Intensity Level: Moderate to High
Description: <ul style="list-style-type: none"> • Children find a spot 3 feet in radius in front of the coach. • Each child has 4 cones (ideally different colours) which are laid out in a square or diamond • The coach shouts the colour or number of cones and the child has to tap it with his feet. 	Equipment: <ul style="list-style-type: none"> • Cones 	
Variations: <ul style="list-style-type: none"> • Tap with hands (on one or two feet) • Mix of hands and feet • Opposite sides (right hand to left cone, etc.) • Have a child make the calls • Same from a bear/crab position 		
Keep an eye on: <ul style="list-style-type: none"> • Coordination needs for some of the actions • Width of base • Use of arms • Height of CoG • Appropriate distance between cones 		
Other Benefits: <ul style="list-style-type: none"> • Concentration Span • Spatial awareness 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Quick Fire Jumps	Target: 5-6 / 7-8	FMS/FSS Main Category: Stability/Balance/ Agility Intensity Level: High
Description: <ul style="list-style-type: none"> • Children line up at one the lines on the floor. They jump from one side of the line to the other in different ways: <ul style="list-style-type: none"> ○ Two feet ○ One foot ○ 1-2-1-2 ○ Sideways ○ Scissors kicks ○ 180s ○ Straddle 	Equipment: <ul style="list-style-type: none"> • None 	
Variations: <ul style="list-style-type: none"> • Same while dribbling a ball 		
Keep an eye on: <ul style="list-style-type: none"> • Coordination needs for some of the actions • Width of base • Use of arms 	Coach's Comments:	
Other Benefits: <ul style="list-style-type: none"> • Core strength • Body strength confidence 		

Activ8 Wildcats Club Activity Breaker		
Activity Name: The Plank	Target: 9-11	FMS/FSS Main Category: Balance / Stability Intensity Level: Low
Description: In pairs Children get into the Plank position facing each other. Start off in neutral position, then work through all four contact points, i.e. raise Left hand off the floor and hold for a specified time. Repeat individually for right hand and both feet.	Equipment: <ul style="list-style-type: none"> • None required 	
Variations: <ul style="list-style-type: none"> • Get the pair to mirror image each other with one leading. • Facing each other raise alternates hand to 'High Five' each other. • Final progression to pass a ball back and forward to opposite hands. • Use the press up position instead of the plank 		
Keep an eye on: <ul style="list-style-type: none"> • Alignment of the back and head in neutral position. • Good Balance. • Co-ordination following partner in mirror image and passing the ball back and forth. 		
Other Benefits: <ul style="list-style-type: none"> • Development of core strength • Partner work • Co-ordination development 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Touch Boxing	Target: 5-6 / 7-8	FMS/FSS Main Category: Stability/Balance +Agility Intensity Level: Moderate to High
Description: <ul style="list-style-type: none"> • In 2s • Children stand facing each other play touch boxing: <ul style="list-style-type: none"> ○ Touch partner's knee ○ Touch partner's shoulder ○ Touch partner's hip 	Equipment: <ul style="list-style-type: none"> • Balls 	
Variations: <ul style="list-style-type: none"> • As above while dribbling a basketball/football • On one leg 		
Keep an eye on: <ul style="list-style-type: none"> • Width of base • Height of CoG • Head position (avoid head clashes) • 'Hugging' as opposed to quick jabbing • On toes (no flat feet) 		
Other Benefits: <ul style="list-style-type: none"> • Connection • Character 	Coach's Comments:	

Activ8 Wildcats Club Activity Breaker		
Activity Name: Wheel Barrow Races	Target: 5-6 / 7-8 / 9-11	FMS/FSS Main Category: Stability/Balance/ Agility Intensity Level: High
Description: <ul style="list-style-type: none"> • Children are in 2s • One child takes up the press up position and the other one grabs his/her ankles. • The children race the other pairs and swap positions over after every length 	Equipment: <ul style="list-style-type: none"> • None • Balls/Cones 	
Variations: <ul style="list-style-type: none"> • Have the child complete a handling task (i.e. stack up some cones/put balls in a hoops while doing the wheel barrow so they have to shift CoG) • Put the pairs into 2 teams and play a game of handball while doing the wheelbarrow 		
Keep an eye on: <ul style="list-style-type: none"> • Limb strength needed to perform this walk • Speed judgment on carrier • Hands too close/wide 	Coach's Comments:	
Other Benefits: <ul style="list-style-type: none"> • Body/Core strength • Connection/Trust • Body strength confidence 		

Activ8 Wildcats Club Activity Breaker		
Activity Name: Wobble Board Sit ups	Target: 9-11	FMS/FSS Main Category: Stability / Balance Intensity Level: Moderate
Description: <ul style="list-style-type: none"> Sitting on a wobble board feet planted on the ground, complete individual sit ups with partner counting. Taking turns. Both partners now facing each other in the sit up position begin sit up completing a high five at the top phase. 	Equipment: <ul style="list-style-type: none"> Wobble Boards Selections of balls different shapes and sizes 	
Variations: <ul style="list-style-type: none"> This can be progressed by adding in a ball, start off with partners sitting opposite each other and reaching the ball at the top of the sit up. This can be progressed by moving the partners apart further and completing a thrown pass at the top of the sit up. Points for completed passes. Vary the size and shape of the ball to increase level of difficulty. 		
Keep an eye on: <ul style="list-style-type: none"> Struggle to complete sit up. Stability in the sit up phases. Evenly matched partners. 	Coach's Comments:	
Other Benefits: <ul style="list-style-type: none"> Co-ordination of the high five, as well as the passing of the ball. Communication as to when to pass the ball and when ready to receive a pass. 		