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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** 1v1 / 2v2 Goals | **Target:**7-8 / 9-11 | **FMS/FSS Main Category:**Manipulation / Co-ordination Locomotion / AgilityInvasion Games |
| **Intensity Level:**Low to moderate  |
| **Description:** 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.  | **Equipment:*** Different balls (basketball, football, netball, rugby ball)
* Hockey sticks
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| **Variations:*** Use a different dribbling / passing method each time.
* Set up an obstacle course for the player to navigate before attempting to beat the goalie.
* Progress to 2v1, 3v2 with both passive and active defenders.
* Set up a goal at both ends for 2v2 / 3v3 mini games.
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| **Keep an eye on:*** Eyes on ball
* Keeping possession
* Give and go
* Creating space in attack and defence– moving into space, passing into space
* Utilising width and depth of court
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| **Other Benefits:*** Connection
* Teamwork
 | **Coach’s Comments:** |