|  |  |  |  |
| --- | --- | --- | --- |
| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  1v1 / 2v2 Goals | | **Target:**  7-8 / 9-11 | **FMS/FSS Main Category:**  Manipulation / Co-ordination Locomotion / Agility  Invasion 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 | | |
|  | | |
| **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. |
| **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 |
| **Other Benefits:**   * Connection * Teamwork | **Coach’s Comments:** | | |