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| **Wildcats Activ8 Club Activity Breaker** | | | |
| **Activity Name:**  2v2 Wheel Barrow | | **Target:**  7-8 / 9-11 | **FMS/FSS Main Category:**  Stability / Coordination |
| **Intensity Level:**  Moderate to High |
| **Description:**  Children work with a partner in teams of 4. Two of them takes the wheel barrow position and the other two are the ‘driver’. Mark up a small playing surface (square) and two goals (or just a high cone they need to knock down). Teams play handball 2v2 trying to score in the goal or knock the cone down. Change the driver/wheelbarrow every 30” | **Equipment:**   * Tennis Ball / Small Footballs / Soft Balls | | |
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| **Variations:**   * Inversed wheelbarrow (belly up) * Different outcomes/ways to score (i.e. throw ball into bucket; hit target, etc.) * Play piggy in the middle in the wheel barrow position |
| **Keep an eye on:**   * Correct position of hands to avoid injuries. Fingers should point forwards. |
| **Other Benefits:**   * Connection with others/Trust * Core/Upper Body strength * Overall strength | **Coach’s Comments:** | | |