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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
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| **Keep an eye on:*** Correct position of hands to avoid injuries. Fingers should point forwards.
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| **Other Benefits:*** Connection with others/Trust
* Core/Upper Body strength
* Overall strength
 | **Coach’s Comments:** |