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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Agility Relay | **Target:**5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**Locomotion / Agility |
| **Intensity Level:**Moderate |
| **Description:*** Split group into teams of 3 or 4.
* Mark out relay course with cones.
* Players take it in turns to zig-zag around cones.
* Run to end cone and touch with hand.
* High five team mate when they return and the next person goes.
* Continue playing until everyone has had a go.
 | **Equipment: (Essential)*** Cones
 | **Equipment: (Useful)*** Bibs (to separate teams)
* Balls
* Hula hoops
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| **Variations:*** Increase number of relays each player runs.
* Add different obstacles to challenge participants.
* Place a hula hoop at end of each relay.
* Players stand in hoop and pull over their head and place in on the ground.
* Introduce a ball to hold, bounce or dribble while running.
* Bounce ball in hula hoop before returning to team.
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| **Keep an eye on:*** Head Position
* Footwork
* Centre of gravity
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| **Other Benefits:*** Turn taking
* Team work / Connection
 | **Coach’s Comments:** |