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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Attack v Defence Waves | | **Target:**  7-8 / 9-11 | **FMS/FSS Main Category:**  Locomotion / Agility |
| **Intensity Level:**  High |
| **Description:**  2 children attack a goal defended by 2 other children. When the attackers score, they become defenders with the defenders leaving the court/pitch, 2 more players enter the court/pitch to become attackers. Players rotate in waves onto the pitch to take up these roles.  Advanced version involves 2 teams with 2 players each on court/pitch at a time. Attack v defence as above but once attacking team scores the defensive team are replaced by 2 team mates with starting positions one each side of the court/pitch one quarter of the way up the court/pitch. This will test the original attackers to defend against counter attack with potential for attacking advantage. | **Equipment:**   * Cones or markers * Goals or Basket * Balls * Bibs | | |
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| **Variations:**   * Variation of sport that game based upon (E.g. football, basketball, rugby, hockey etc.). * Counter attack version. * Change starting position of next attackers to increase or reduce their advantage over defenders. |
| **Keep an eye on:**   * Reactions to situations which present themselves (e.g. to attack quickly to create 2 v 1 situations). * Ability to stop and change direction. * Ability to pass and move. |
| **Other Benefits:**   * Tactical development. * Mental development. * Creativity. | **Coach’s Comments:** | | |