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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.
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| **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.
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| **Other Benefits:*** Tactical development.
* Mental development.
* Creativity.
 | **Coach’s Comments:** |