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| **Wildcats Activ8 Club Activity Breaker** | | | |
| **Activity Name:**  Ball Press Ups | | **Target:**  7-8 / 9-11 | **FMS/FSS Main Category:**  Balance / Stability |
| **Intensity Level:**  Moderate to High |
| **Description:**  Initially children hold a press-up like position putting both hands on the ball. If this is too hard, they could start putting one hand on the ball and one off the ball, or putting feet on the ball and hands on the floor. Swiss balls are very good initially to put feet on. | **Equipment:**   * Basketballs/Footballs/Swiss Balls | | |
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| **Variations:**   * Progress to press ups/knee press ups * Use two balls:   + One for hands one for feet   + One hand on each |
| **Keep an eye on:**   * Correct posture and children struggling to hold the position * Children lacking strength may be at risk of falling flat on the floor. Spot them quick and get them to do it off their knees |
| **Other Benefits:**   * Confidence in own strength * Core strength | **Coach’s Comments:** | | |