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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Basketball / Basekickball | | **Target:**  7-8 / 9-11 | **FMS/FSS Main Category:**  Locomotion / Agility |
| **Intensity Level:**  Moderate |
| **Description:**  Split the group in to two teams, fielders and Throw/ Kickers. The fielders spread out in the area and the attacking team can either throw or kick the ball into the area, while the fielders are returning the ball to the base line the attacker runs to perform a task i.e. basketball throws, each basket is a run.  If the fielders return the ball before a basket is scored, no runs are counted.  If the fielders catch the ball before it bounces the attacker is automatically out. | **Equipment:**   * Basketball/ Footballs * Target for task – task dependent | | |
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| **Variations:**   * The game can be varied in a number of ways; conditions can be placed on the fielding team, making them pass the ball around each team member to slow them down returning the ball and giving the attackers more time to shoot their baskets. Or they can dribble the ball back or bounce on the way back to home base. * Alternatively if the fielding team catch the ball before it bounces that can mean all the attackers being out and switching over with the fielders. * The task can be changed to a penalty kick or a bean bag throw into a target etc. |
| **Keep an eye on:**   * Agility of the fielders returning the ball * Change of direction by both attackers and fielders |
| **Other Benefits:**   * Team work / Connection * Communication with other team mates to return the ball * Working under slight pressure, performing the task | **Coach’s Comments:** | | |