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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Bear/Crab RollBall | **Target:**5-6 / 7-8 | **FMS/FSS Main Category:**Stability/Balance/Agility |
| **Intensity Level:**High |
| **Description:*** Children are in teams of 3-4-5
* Children play a game of handball with a tennis ball while doing bear/crab walk
* Only allowed to roll the ball
* Ball can only be intercepted with hands
 | **Equipment:*** Cones
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| **Variations:*** Allow children to pass the ball in the air
* Allow to intercept ball with feet
* Play bears vs crabs
* Force a set number of passes before a shot at goal can be attempted
* Play to the highest number of passes without scoring goals
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| **Keep an eye on:*** Limb strength needed to perform this walk
* Hands too close/wide
* Less able players withdrawing
* Use of space
* Reducing numbers if needed
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| **Other Benefits:*** Body/Core strength
* Connection/Trust
* Body strength confidence
* Team work
* Team tactics
 | **Coach’s Comments:** |