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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 |
| **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 |
| **Other Benefits:**   * Body/Core strength * Connection/Trust * Body strength confidence * Team work * Team tactics | **Coach’s Comments:** | | |