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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Beat the Goalie | | **Target:**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Manipulation/Coordination |
| **Intensity Level:**  Moderate |
| **Description:**   * Children in 2s or groups of 2 * Each pair (or four) set up a goal or two goals at opposite ends if enough cones (so children are both strikers and goalies at the same time). * Children attempt to score goals by throwing/kicking a ball into the goal. | **Equipment:**   * Balls (basketball, tennis, football, rugby, etc.) * Hockey stick/Rackets | | |
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| **Variations:**   * 1v1/2v2 * Different balls/throws * Goalie gets one point for deflection and 2 points for a catch * Have striker close eyes and goalie stand at either post. On GO! Striker opens eyes and tries to score in the open area or wrong foot goalie |
| **Keep an eye on:**   * Width of base * Height of COG * Kinematic chain for throws/kicks * Goalie’s readiness (low, on balls of feet, hands out) |
| **Other Benefits:**   * Connection * Concentration/Decision Making * FUN competition | **Coach’s Comments:** | | |