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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
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| **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)
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| **Other Benefits:*** Connection
* Concentration/Decision Making
* FUN competition
 | **Coach’s Comments:** |