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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Bench Ball | **Target:** 7-8 / 9-11 | **FMS/FSS Main Category:**Locomotion / Agility |
| **Intensity Level:**Moderate |
| **Description:*** Team game to develop passing and movement skills.
* Divide the group into teams. Play ‘netball’ rules (when you have the ball you can’t dribble with it).
* Each team has a ‘catcher’ on a bench at opposite ends of the area. To score a goal the ball must be passed to the catcher on the bench.
 | **Equipment:** * Balls
* Benches
* Bibs
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| **Variations:*** Use 3 / 4 goals
* Conditioned games – must make at least 3 passes before you shoot. Must make a pass back before you shoot.
* 2 catchers on the bench
* Use different balls, i.e. netball, handball, rugby ball, tennis ball
* Catcher can’t move
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| **Keep an eye on:*** Passing & Catching technique
* Movement skills
* Team play/Ball Hogging
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| **Other Benefits:*** Communication
* Game Awareness
* Decision Making / Mental Development
 | **Coach’s Comments:** |