|  |  |  |  |
| --- | --- | --- | --- |
| **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 | | |
|  | | |
| **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 |
| **Keep an eye on:**   * Passing & Catching technique * Movement skills * Team play/Ball Hogging |
| **Other Benefits:**   * Communication * Game Awareness * Decision Making / Mental Development | **Coach’s Comments:** | | |