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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Bench Volley | | **Target:**  7-8 / 9-11 | **FMS/FSS Main Category:**  Locomotion / Agility |
| **Intensity Level:**  Moderate to high |
| **Description:**   * Split group into 2 even teams * Mark out a coned area with teams on opposite sides of the court. * A bench is placed in middle to act as the net. * Players must keep the ball/balloon off the floor on their side and push the ball over the bench to the other side. * A team scores a point when the ball lands on the other side. | **Equipment:**   * Balls * Balloons * Bench * Cones | | |
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| **Variations:**   * Use different equipment to increase/decrease difficulty. E.g. ball/balloon. * Must make 3 team passes before hitting over the bench. * Players must kneel instead of standing. Improves core strength and makes game more inclusive. |
| **Keep an eye on:**   * Quality of movement/Readiness * Centre of gravity * Struggle to change direction/push off one foot |
| **Other Benefits:**   * Teamwork / Connection | **Coach’s Comments:** | | |