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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.
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| **Keep an eye on:*** Quality of movement/Readiness
* Centre of gravity
* Struggle to change direction/push off one foot
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| **Other Benefits:*** Teamwork / Connection
 | **Coach’s Comments:** |