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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Catch Tennis | | **Target:**  7-8 / 9-11 | **FMS/FSS Main Category:**  Manipulation / Coordination Locomotion / Agility  Net / Wall Games |
| **Intensity Level:**  Moderate to High |
| **Description:**  The purpose is for the children to learn strategies for moving the ball around a playing area and the importance of placing the ball in different spots.  Each child has a partner. Each pair has a ball and a coned area to play in. The idea is for the students to throw and catch the ball instead of hitting it with a racket. This will allow for greater control and a longer rally. Many games strategies and rules can be coached in this fashion. E.g. throw the ball away from your partner to make it harder for him/her to get it. | **Equipment:**   * Different balls (tennis, basketball, football etc.). * Agility balls. * Badminton/volleyball net (or simple line of cones on ground can also be used). | | |
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| **Variations:**   * Practise throwing and catching with both left and right hands. * Introduce 1v1, 1v2, 2v2 etc. * Use larger balls. * Use of different techniques with larger balls – push/pull/side throws. * More advanced children could use an agility ball. |
| **Keep an eye on:**   * Concentration * Good throwing stance. * Use of kinetic chain – especially torso rotation when throwing larger balls. |
| **Other Benefits:**   * Connection * Teamwork | **Coach’s Comments:** | | |