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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 / AgilityNet / 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.
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| **Keep an eye on:*** Concentration
* Good throwing stance.
* Use of kinetic chain – especially torso rotation when throwing larger balls.
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| **Other Benefits:*** Connection
* Teamwork
 | **Coach’s Comments:** |