|  |  |  |  |
| --- | --- | --- | --- |
| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Chip&Putt | | **Target:**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Manipulation/Coordination |
| **Intensity Level:**  Low |
| **Description:**   * Use a football or softball to practise putting the ball through a goal or pitching it into a coned area * Change size of goal/width of area as they progress of for different abilities within the group | **Equipment:**   * Balls (football, softball) * Cones | | |
|  | | |
| **Variations:**   * Play with different distances/widths * Use different size balls |
| **Keep an eye on:**   * What part of foot is making contact with the ball and where on the ball * Body/Head position when kicking * Kids struggling to get the right weight on the ball (allow them the chance to work on their own against the wall) |
| **Other Benefits:**   * Independent working | **Coach’s Comments:** | | |