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| **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
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| **Variations:*** Play with different distances/widths
* Use different size balls
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| **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)
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| **Other Benefits:*** Independent working
 | **Coach’s Comments:** |