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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Cone Diamond | | **Target:**  5-6 / 7-8 | **FMS/FSS Main Category:**  Stability / Balance |
| **Intensity Level:**  Moderate |
| **Description:**  Divide the group up into groups of 4 and give them 4 cones of different colours. Place the cones in a diamond pattern 5m from a centre point. Assign a number 1-4 for each cone. Player one enters the diamond and player two calls out a sequence of numbers, starting off with two, then three and then four. Each time player one must run to the correct cone touch it return to the centre point and move to the next cone in the sequence. Player 2 then takes turn and player 3 calls the sequence. After a number of turns, the numbers can be replaced with the colour of the actual cone and a colour sequence can be called instead. | **Equipment:**   * Cones * Footballs/ Basketballs – Task dependent | | |
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| **Variations:**  This can be progressed by adding an element of competition, place two diamonds beside each other and have one person call a sequence for each of the players in the diamond. On completion of their sequence the player can race out of the diamond to perform a task, such as a basketball shot/ penalty kick/ rugby pass. |
| **Keep an eye on:**   * The ability to change direction and speed * COG * Ability to listen to instruction and complete the sequence. |
| **Other Benefits:**   * Teamwork / Connection. * Emphasise no cheating, by actually having to touch each cone / Character and Caring. * Creativity of player calling the sequence. | **Coach’s Comments:** | | |