|  |
| --- |
| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Cone Grab | **Target:**5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**Locomotion / Agility |
| **Intensity Level:**High |
| **Description:*** Put the group into pairs.
* Place 2 cones, 2m apart with a box in the middle containing 5 balls.
* On the start signal the players leave their cones and run to the box in the middle, they must pick up one ball and bring it back to their station. This is repeated until the box is empty. The player with the most balls at their station is the winner.
 | **Equipment:*** Basket/ Boxes
* Balls of varying sizes and shapes
* Cones
 |
|  |
| **Variations:*** This game can be varied by moving the starting cones further back from the box.
* The players can also start in varied body positions, laying down, kneeling, press up position etc.
* The number of balls can also be increased to prolong the game.
* Players can be asked to travel in different ways: i.e. sideways, all fours, etc
 |
| **Keep an eye on:*** The balance of the children running toward the box
* Ability to change position and direction quickly
* COG
* Use of weak hand to pick balls up
 |
| **Other Benefits:*** Character building, discouraging cheating by making sure the children place the ball back at their station and not throwing it back.
* Listening to instruction about starting position etc.
 | **Coach’s Comments:** |