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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Cross Bar Challenge | **Target:**7-8 / 9-11 | **FMS/FSS Main Category:**Manipulation / Coordination |
| **Intensity Level:**Moderate |
| **Description:** * Children have the Challenge of aiming at the target of the crossbar on a set of goals.
* To start let the children in pairs 10 metres apart ‘punt’ the ball to each other.
* Can you punt the ball into your partner’s hands?
* Now set the challenge of kicking at a target of the crossbar on football goals.
* Set a competition – how many hits can you get from 5 shots?
 | **Equipment:** * Different sizes of balls (footballs, rugby balls, basketballs, volleyballs)
* Football goals
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| **Variations:*** Begin with throwing the ball at the crossbar.
* Use different types of balls, e.g. start with larger balls making it easier to hit the crossbar, then use smaller balls as a challenge.
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| **Keep an eye on:*** Kicking Technique
* Throwing Technique
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| **Other Benefits:*** Concentrating and focus on a target / Mental Development.
* Team challenge, completing the activity in teams / Connection.
 | **Coach’s Comments:** |