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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. |
| **Keep an eye on:**   * Kicking Technique * Throwing Technique |
| **Other Benefits:**   * Concentrating and focus on a target / Mental Development. * Team challenge, completing the activity in teams / Connection. | **Coach’s Comments:** | | |