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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Cross the River | | **Target:**  5 -6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Manipulation / Coordination |
| **Intensity Level:**  Moderate |
| **Description:**  The playing surface for this game should be split in three thirds. A small group (e.g. 2 or 3) of children should be in each section. The middle third is the river where the players are referred to as the ‘crocodiles’. The aim of the games is for the players in the sections of the court either side of the ‘river’ to pass the ball across the ‘river’ without the ‘crocodiles’ getting it. | **Equipment:**   * Balls * Cones or Markers * Hoops or throw down spots – for variation | | |
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| **Variations:**   * Allow players to cross river with the ball over ‘islands’ (hoops or thrown down spots) without being tagged (eaten) by a ‘crocodiles’. An extra point could be awarded for scoring in this manner. * Increase or reduce width of the ‘river’ to increase or decrease difficulty for either team. |
| **Keep an eye on:**   * Movement from receivers to help sender (use of space - height/depth and width). * Point of release in throw. * Interception. |
| **Other Benefits:**   * Connection to teammates. * Creativity within choice of transfer or movement (especially in variation). * Tactical development. * Mental development. | **Coach’s Comments:** | | |