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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Den Ball | **Target:**7-8 / 9-11 | **FMS/FSS Main Category:**Locomotion / Agility |
| **Intensity Level:**High |
| **Description:**As in a typical game of tag, one ‘tagger’ is designated to catch the rest of the players in the game within a defined space by tapping them. In this game, players can be protected from ‘tagging’ by being in possession of the ball which the non-tagging players have between them. This means that these players should pass the ball to try to stop the ‘taggers’ from being able to tag one of their team-mates. Players cannot run with the ball in possession (as in netball).  | **Equipment:*** Markers / Cones
* Balls from any sport/s
* Bibs (to identify ‘tagger’)
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| **Variations:*** Change the mode of travel for the ‘tagger’ or non-tagging team (e.g. hopping / side steps / jumping / running).
* Increase or reduce the size of the space designated to play in.
* Change the type of ball being used.
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| **Keep an eye on:*** Chain of movement / coordination required by the pass.
* Ability to turn and stop quickly.
* Weight transfer in pass.
* Game awareness to spot an appropriate pass.
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| **Other Benefits:*** Creativity (problem solve ‘how’ to transfer ball to teammate most in need of pass).
* Connection to teammates.
* Communication with others.
 | **Coach’s Comments:** |