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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. |
| **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. |
| **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:** | | |