|  |
| --- |
| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Domes & Dishes | **Target:**5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**Locomotion / Agility |
| **Intensity Level:**Moderate |
| **Description:*** Movement warm up activity for teams.
* Divide the group into two.
* Place 30 + cones in the area.
* Half the cones ‘face down’ called Domes the other half ‘face up’ called Dishes
* For 2 minutes one group must turn over as many Domes as possible while the other group must turn over as many Dishes.
* Coach counts who has the most at the end.
 | **Equipment:** * Cones
 |
|  |
| **Variations:*** Add more cones
* Shorter space of time e.g. 30 seconds
* Spread the cones out more.
* Restrict travel (hop, skip, etc)
* Weak hand only
 |
| **Keep an eye on:*** Body position
* Movement skills
* Balance
 |
| **Other Benefits:*** Teamwork / Connection
* Communication
* Awareness
 | **Coach’s Comments:** |