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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Stationary Passing Groups | **Target:**5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**Manipulation/Coordination |
| **Intensity Level:**Moderate to High |
| **Description:*** Children line up in groups of 2, 3 or 4.
* The first child has the ball and dribbles it up to a line or cones, turns around and performs different passes with different types of ball to the next child (some types may not be suitable to some kinds of pass). The passer returns to the line and joins the back:
* Chest pass
* Bounce pass
* Overhead pass
* Push pass
* Baseball pass
* Tip pass (finger tips without catching the ball, as in volleyball)
* Football passes: inside/outside of foot; chip;
* Rugby pass
 | **Equipment:*** Balls (basketball, tennis, football, rugby, etc.)
* Hockey stick/Rackets
* Cones
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| **Variations:*** Vary distance to be dribbled.
* Include a jump stop and a pivot.
* Have children dribble back to half way point and them make the pass.
* Compete to a number of passes (if ball dropped, back to 0!)
* Create a course with cones
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| **Keep an eye on:*** Quality of dribble (finger tips if basketball/ close to foot/stick if football, hockey, etc.)
* Width of base
* Height of COG
* Hand/Elbow position
* Hand/Elbow/Wrist Action (follow through)
* Kinematic chain from toes to finger tips
* Hands ready to receive the pass
* Call for pass/ Call name
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| **Other Benefits:*** Connection
* Team work
* Concentration
 | **Coach’s Comments:** |