|  |
| --- |
| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Fill the Spot | **Target:**5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**Manipulation/Coordination |
| **Intensity Level:**Moderate to High |
| **Description:*** Children in groups of 3/4/5
* Coach sets up a grid/circle for each group containing 1 or 2 extra spots
* Children perform different passes with different types of ball to the next child (some types may not be suitable to some kinds of pass). The passer moves to one of the available spots:
	+ 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
 |
|  |
| **Variations:*** Vary distance between spots
* Vary shape of grid
* Compete to a number of passes (if ball dropped, back to 0!)
* Introduce a second ball!
 |
| **Keep an eye on:*** 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
* Timing of pass and move action
 |
| **Other Benefits:*** Connection
* Team work
* Concentration
* Spatial awareness (movement into space and anticipation of movement)
 | **Coach’s Comments:** |