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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Foot Tennis Knock Out | **Target:**7-8 / 9-11 | **FMS/FSS Main Category:**Manipulation/Coordination |
| **Intensity Level:**Moderate to High |
| **Description:*** Group split into 2 even teams and line up at either end of a badminton sized court.
* Use bench/net or cones as net divider in middle of court.
* 1 player begins with ball and serves across the net to opponent.
* Receiving player must only let the ball bounce once and send the ball back over the net.
* If a player misses the ball or it bounces twice, then they are eliminated from their team.
* Game continues until all players from 1 team are eliminated.
 | **Equipment:*** Net/bench
* Cones
* Soft balls (variety of sizes)
* Balloons
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| **Variations:*** Allow more bounces between passes.
* Players can catch ball depending on ability level.
* Introduce equipment such as tennis rackets and balls.
* Condition game allowing only certain body parts to contact ball.
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| **Keep an eye on:*** Centre of Gravity
* Stable base
* Sending technique
* Readiness for movement
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| **Other Benefits:*** Rules of the game and lines used / Character & Caring.
* Agility aspects
* Speed work
 | **Coach’s Comments:** |