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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. |
| **Keep an eye on:**   * Centre of Gravity * Stable base * Sending technique * Readiness for movement |
| **Other Benefits:**   * Rules of the game and lines used / Character & Caring. * Agility aspects * Speed work | **Coach’s Comments:** | | |