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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  French Cricket | | **Target:**  7-8 / 9-11 | **FMS/FSS Main Category:**  Manipulation / Coordination |
| **Intensity Level:**  Low to Moderate |
| **Description:**   * In small groups one child has a bat. The other children form a circle around the player, 5 metres away. * The batter has to stop the ball hitting their legs, but CANNOT move their feet from the direction they start in. * The children in the circle underarm the ball at the batter to try and hit their legs (under the knee). * The batter can hit the ball away but once it goes to another player in the circle they can throw immediately. * Once hit on the legs with the ball the batters change. | **Equipment:**   * Balls (various sizes) * Cricket bat / hockey stick/ tennis racket/ rounders bat | | |
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| **Variations:**   * Use a larger / smaller ball * Use a tennis racket / hockey stick / rounders bat * Have 2 batters in the middle of the circle * Use 2 balls. |
| **Keep an eye on:**   * Balance * Agility |
| **Other Benefits:**   * Teamwork / Connection * Communication * Confidence | **Coach’s Comments:** | | |