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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.
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| **Keep an eye on:*** Balance
* Agility
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| **Other Benefits:*** Teamwork / Connection
* Communication
* Confidence
 | **Coach’s Comments:** |