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| **Wildcats Activ8 Club Activity Breaker**  |
| **Activity Name:** Give & Go Passing | **Target:**5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**Manipulation / Coordination |
| **Intensity Level:**Moderate to High |
| **Description:**This activity can be built up from children working in lines facing each other to more complex set-ups. The key element is that once a child passes he/she has to move to a new position. Passing could be done with hands/feet and in different ways (roll, under/over, toe poke, sole, drop kick, etc.)Basic Lines: in groups of 4-6 children form two lines facing each other (2/3 children in each line). One ball. Child passes across and runs to join the back of the opposite line and so on. | **Equipment:*** Tennis Ball/Small Footballs/Soft Balls
* Cones
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| **Variations:*** Key variations will revolve around the type of pass or what happens once a child has passed the ball (i.e. ask them to complete an obstacle course or to hop, or perhaps to zig-zag and work on dodging skills)
* Different set-ups: using triangles/squares children pass and follow their pass but before doing so they run to the middle of the triangle/square and work on a change of pace/direction
* Same but there is someone in the middle of the square/triangle so the balls go through the middle before reaching the next line. This could also be done with everyone going through the middle after their pass so the person in the middle changes after every pass (see Star Passing AB)
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| **Keep an eye on:*** Correct position of hands to avoid injuries. Fingers should point up ready to receive ball and providing clear target
* Children not understanding rotation
* Children passing to children who are not ready (ball in the face!)
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| **Other Benefits:*** Connection with others
* Concentration and Timing / Mental Development
* Upper body strength
* Agility (change of pace/direction)
 | **Coach’s Comments:** |