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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Group Square Passing | | **Target:**  7-8 / 9-11 | **FMS/FSS Main Category:**  Manipulation / Coordination |
| **Intensity Level:**  Moderate |
| **Description:**   * Set up a 3x3 or 5x5 (dep of age) square using cones. * Each child stands in a corner and using a ball passes and catches moving the ball round the four corners. * Change the direction of the pass. * Take one player away from the corners and move into the centre of the square. It now becomes 3 v 1, you can only pass down the sides of the square, not across the square. Passers have to move to the good corner (the one away from the defender) | **Equipment:**   * Balls * Cones * Hockey Sticks | | |
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| **Variations:**   * Use kicking skills. * Use Hockey sticks and a hockey push pass. * Use a rugby / Gaelic pass. * Make the square larger / smaller depending on the size of the group. |
| **Keep an eye on:**   * Body position when receiving the ball in relation to the next pass. * Movement and timing to receive the ball in 3 v 1. * Choosing the right pass based on where the defender is (bad vs good corner) |
| **Other Benefits:**   * Teamwork / Connection * Confidence | **Coach’s Comments:** | | |