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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.
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| **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)
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| **Other Benefits:*** Teamwork / Connection
* Confidence
 | **Coach’s Comments:** |