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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Hand / Foot Tennis | **Target:** 7-8 / 9-11 | **FMS/FSS Main Category:**Manipulation / Coordination |
| **Intensity Level:**Moderate |
| **Description:*** In pairs players with a ball play a rally with each other letting the ball bounce once. Play pass and ‘catch’ first.
* Use your hand to pass the ball – either with cones or a sports hall line acting as a net, play a game against your partner.
* Use a football to ‘kick and catch’ to improve kicking skills with a net as a mid-point.
 | **Equipment:** * Footballs / Tennis Balls/Balloons
* Cones
* Mini Tennis Net/Benches
* Scarves
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| **Variations:*** For smaller children use scarves to catch
* Use larger balls
* Introduce 2 bounce to make the game flow and last longer
* 2 v 2
* Group competition
* Volley the ball across instead of the catch – depending on the ability of the group.
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| **Keep an eye on:*** Foot movement in relation to the ball.
* Awareness of space on the court
* Decisions making in the game situation.
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| **Other Benefits:*** Spatial Awareness
* Confidence
* Communication in 2 v 2
 | **Coach’s Comments:** |