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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. |
| **Keep an eye on:**   * Foot movement in relation to the ball. * Awareness of space on the court * Decisions making in the game situation. |
| **Other Benefits:**   * Spatial Awareness * Confidence * Communication in 2 v 2 | **Coach’s Comments:** | | |