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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Hop Tag | | **Target:**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Locomotion / Agility |
| **Intensity Level:**  High |
| **Description:**   * Create a grid or marked area depending on numbers. * Select 1 player to be catcher. * All players must hop on 1 leg throughout the game including the catcher. * When caught, players become catchers until there is 1 winner left. * Coach will call to change hopping foot, or both footed (bunny hops). | **Equipment:**   * Cones (to mark out area) | | |
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| **Variations:**   * Start with more catchers to increase success rate and increase speed of game. * When you get caught, players could do a forfeit or a balance before re-entering the game as a catcher. * Introduce a dribble |
| **Keep an eye on:**   * Head position when moving around. * Footwork and landing on feet. * How players are catching others. |
| **Other Benefits:**   * Core strength * Fitness | **Coach’s Comments:** | | |