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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
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| **Keep an eye on:*** Head position when moving around.
* Footwork and landing on feet.
* How players are catching others.
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| **Other Benefits:*** Core strength
* Fitness
 | **Coach’s Comments:** |