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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Ice Cream! | **Target:**5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**Manipulation/CoordinationAgility |
| **Intensity Level:**Low to Moderate |
| **Description:**In pairs, one child throws/kicks/hits and the partner tries to catch the ball into the upturned cone | **Equipment:*** Balls (different sizes/types)
* High Cones
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| **Variations:*** Have the thrower complete a brief obstacle course before the throw (dribble, jump, etc.)
* Have the cone holder compromise their balance (on one leg, etc.)
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| **Keep an eye on:*** Throwing/Chipping for accuracy
* Readiness of receiver
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| **Other Benefits:*** Connection
* Team work
 | **Coach’s Comments:** |