|  |
| --- |
| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** IN-OUT | **Target:**5-6 / 7-8 | **FMS/FSS Main Category:**Stability/BalanceAgility/Locomotion |
| **Intensity Level:**Moderate to High |
| **Description:**Children stand behind the baseline/sideline and on the coach’s call (IN) jump in. The coach calls in/out and the players have to react. The coach can call IN or OUT when the players are already IN or OUT and if they get it wrong they lose a point or are out (i.e. the coach shouts in and the player jumps out) | **Equipment:*** None
 |
|  |
| **Variations:*** Use right/left instead of in/out
* Have them hop on one leg or use quick feet (quick tapping) in between commands
* Have them catch a ball while they are doing it
 |
| **Keep an eye on:*** Stability (core strength, CoG management, etc.)
* Information Overload (too much going on!)
 |
| **Other Benefits:*** Concentration
* Character (no cheating)
 | **Coach’s Comments:** |