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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** IN-OUT | | **Target:**  5-6 / 7-8 | **FMS/FSS Main Category:**  Stability/Balance  Agility/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 | | |
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| **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:** | | |