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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  In the Hoop | | **Target:**  7-8 / 9-11 | **FMS/FSS Main Category:**  Manipulation / Coordination |
| **Intensity Level:**  Moderate |
| **Description:**   * Put children in pairs with a ball and hoop each. Begin with a player holding the hoop up a target and having throws at the hoop. * 5 goes each who can get the most? * Place the hoop on the floor, players stand 5 metres away and shot to get the ball to land in the hoop. * Demonstrate Basketball and Netball shooting technique. | **Equipment:**   * Footballs / Basketballs / Handballs * Basketball / Netball Posts | | |
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| **Variations:**   * Introduce a lowered Basketball / Netball net for shooting. * Change the size of the ball. * Set up a small sided team game with a ‘hoop’ target for a goal. |
| **Keep an eye on:**   * Shooting technique * Focus on the target * Body position |
| **Other Benefits:**   * Concentration / Mental Development * Focus * Confidence * Team Work / Connection | **Coach’s Comments:** | | |