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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Keepy Uppy | **Target:**5-6 / 7-8 / 9-11Depending on equipment used | **FMS/FSS Main Category:**Manipulation / Coordination |
| **Intensity Level:**Moderate |
| **Description:*** Players split into small groups of 4 or 5 and form a circle.
* 1 player begins with the ball and proceeds to kick/hit the ball into the air.
* Without letting the ball bounce, the next player steps in and keeps the ball up using body part.
* This continues until a player has dropped the ball and is out of the game.
* The game continues until there is a winner.
 | **Equipment:*** Soft Balls (variety of shapes and sizes)
* Balloons
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| **Variations:*** Use a variation of balls including footballs, tennis balls and balloons.
* Depending on the ability level of the group; allow a bounce in between player transfers.
* This will allow players to prepare themselves and have more time to adjust their position.
* Condition the game so the players are only allowed to use certain body parts.
* Sequence the game so that it is in order. E.g. player 1 uses head, player 2 uses hand, 3 uses foot etc.
* 5 passes and next player shoots at target.
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| **Keep an eye on:*** Centre of Gravity
* Body Positioning and stance
* Turn Taking
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| **Other Benefits:*** Creativity through exploring different ways of keeping ball off the ground / different techniques.
* Connection to team members in the collective effort to keep ball off the ground.
 | **Coach’s Comments:** |