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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Keepy Uppy | | **Target:**  5-6 / 7-8 / 9-11  Depending 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. |
| **Keep an eye on:**   * Centre of Gravity * Body Positioning and stance * Turn Taking |
| **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:** | | |