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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Kick&Catch | | **Target:**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Manipulation/Coordination |
| **Intensity Level:**  Low |
| **Description:**  Individually, in 2s or against the wall, practise soft kicks into hands (own or partners) from hands or of the floor | **Equipment:**   * Balls (football, softball) | | |
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| **Variations:**   * Play with different distances * Use different size balls |
| **Keep an eye on:**   * What part of foot is making contact with the ball and where on the ball * Body/Head position when kicking * How much weight is being put into the ball |
| **Other Benefits:**   * Cooperation | **Coach’s Comments:** | | |