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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
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| **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
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| **Other Benefits:*** Cooperation
 | **Coach’s Comments:** |