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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Lost and Found | **Target:**5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**Locomotion / Agility |
| **Intensity Level:**High |
| **Description:*** Players are split into pairs.
* Number each other 1 and 2.
* Coach shouts ‘number 1’ then 1 must chase number 2 to try and catch them.
* Coach can shout ‘number 2’ at any time which reverses the role and number 2 must then chase number 1.
* This can be reversed throughout duration of game by calling ‘change’.
 | **Equipment:*** None required unless using variations.
* Balls/Rackets
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| **Variations:*** Introduce different equipment that players can use during the game.
* E.g. football to dribble, basketballs to bounce, and tennis rackets to bounce balls etc.
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| **Keep an eye on:*** Head Positioning.
* Space to move in. Split into 3 marked areas to prevent overcrowding.
* Reaction time.
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| **Other Benefits:*** Turn of pace
* Character
* Connection
 | **Coach’s Comments:** |