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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. |
| **Keep an eye on:**   * Head Positioning. * Space to move in. Split into 3 marked areas to prevent overcrowding. * Reaction time. |
| **Other Benefits:**   * Turn of pace * Character * Connection | **Coach’s Comments:** | | |