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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** No Dribble Basketball | **Target:**7-8 / 9-11 | **FMS/FSS Main Category:**Manipulation / Coordination Locomotion / AgilityInvasion Games |
| **Intensity Level:**Moderate to High |
| **Description:** This game can be played 2 v 2; 3 v 3; or 4 v 4, so divide the children into teams based on what size of game you want to use.There is no dribbling allowed. Players must pass the ball. When a basket is made, the other team retrieves the ball and moves up court.Defensive players cannot take a ball from an offensive player, or knock it out of their hands. They can intercept or knock down passes. | **Equipment:*** Different balls (tennis, basketball, football etc.)
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| **Variations:*** With and without communicating.
* 2 minutes of only a certain type of pass: bounce, chest, overhead.
* Certain number of passes before any shooting attempts.
* Can be played as benchball if not nets available or too high/too far apart.
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| **Keep an eye on:*** Concentration
* Good passing technique
* Lack of spatial/auditory awareness
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| **Other Benefits:*** Co-operation / Character and Caring
* Teamwork / Connection
 | **Coach’s Comments:** |