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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 / Agility  Invasion 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. |
| **Keep an eye on:**   * Concentration * Good passing technique * Lack of spatial/auditory awareness |
| **Other Benefits:**   * Co-operation / Character and Caring * Teamwork / Connection | **Coach’s Comments:** | | |