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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Ocean Dribble | **Target:**5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**Manipulation/Coordination |
| **Intensity Level:**Low to Moderate |
| **Description:*** Each child has a ball (use different kinds)
* Coach sets goals/gates in an area of 10x10 (or bigger/smaller depending on numbers)
* Children have to dribble/bounce/carry the ball through the gates
* On Change! children exchange balls and continue
 | **Equipment:*** Balls (football, tennis, rugby, basketball, etc.)
* Cones
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| **Variations:*** Allowed to knock each other’s ball out of the way.
* Go for one minute to see who goes through more gates/goals
* In 2s, have to pass the ball to each other to go from gate to gate
* Have 2 different colour gates, one go through regular, the other go through sideways
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| **Keep an eye on:*** Head/Eye position
* Ability to control ball (finger tips/short kicks, etc.)
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| **Other Benefits:*** Connection/Cooperation
* Spatial awareness
 | **Coach’s Comments:** |