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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 |
| **Keep an eye on:**   * Head/Eye position * Ability to control ball (finger tips/short kicks, etc.) |
| **Other Benefits:**   * Connection/Cooperation * Spatial awareness | **Coach’s Comments:** | | |