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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** One / Two Touch Football | **Target:**7-8 / 9-11 | **FMS/FSS Main Category:**Manipulation / Co-ordinationInvasion Games |
| **Intensity Level:**Low to Moderate |
| **Description:** * Split group into pairs.
* Line up opposite each other.
* Pass football using inside/outside/front of foot whilst stationary.
* Use both feet.
* Use two touches initially then reduce to one touch.
 | **Equipment:*** Footballs
* Cones
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| **Variations:*** Pass and receive whilst moving.
* 2v1, 3v1. (piggy in the middle)
* Turn into a match with goals at both ends
* Timed passes e.g. how many passes in 1 min?
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| **Keep an eye on:*** Concentration
* Good passing technique.
* Communication between players
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| **Other Benefits:*** Connection / Teamwork
 | **Coach’s Comments:** |