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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-ordination  Invasion 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? |
| **Keep an eye on:**   * Concentration * Good passing technique. * Communication between players |
| **Other Benefits:**   * Connection / Teamwork | **Coach’s Comments:** | | |