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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Pass and Weave (3 Man Weave) | **Target:**7-8 / 9-11 | **FMS/FSS Main Category:**Manipulation / Coordination Locomotion / Agility |
| **Intensity Level:**High |
| **Description:** In a defined space three players start evenly spaced apart and the opposite end of the space from a goal, target or basket. The three players have one ball between them and are evenly spaced along the baseline of the space. The ball starts with the player in the middle of the baseline. Once the first pass is made players follow their pass in a weave like movement behind the player they passed the ball to before shooting at the target at the end of the space.  | **Equipment:*** Different balls (tennis, basketball, football etc.).
* Cones / Markers.
* Goal / Target / Basket
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| **Variations:*** Different types of dribble / movement.
* Introduce different types of ball / target.
* Introduce passive or active defenders.
* Introduce a time challenge aspect to the activity.
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| **Keep an eye on:*** Concentration.
* Ability to send / pass ball.
* Use of kinematic chain – especially torso rotation when throwing larger balls.
* Ability to turn and change direction.
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| **Other Benefits:*** Connection.
* Teamwork.
* Communication.
 | **Coach’s Comments:** |