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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Passing Lines | | **Target:**  7-8 / 9-11 | **FMS/FSS Main Category:**  Locomotion / Agility |
| **Intensity Level:**  High |
| **Description:**  In small groups, children line up between 2 hoops on the ground. The hoop at one end of the line has several balls within (even numbers of balls in the start hoop for each team). Children spread out along the line and pass the ball along the line to transfer the ball towards the finish hoop. The finish hoop should be far enough away that children require the first in the line to move to last after they have passed the first ball to form the next link in the chain, the second in the line and so on. Once a ball is worked to the finish hoop the team run to the start hoop to move on with the second ball. | **Equipment:**   * Hoops or cones * Balls from any sport/s | | |
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| **Variations:**   * At the end of the line insert a target to score in (e.g. basketball hoop or goal). * To reduce difficulty remove need for children to move to be the next link in the line by bringing finish hoop closer so balls can be placed in it by the last child in the line. * Turn the start hoop for one team into the end hoop for another to make it a challenge as to who can empty the finish hoop of the opposing team or reduce the number of balls within it the most. |
| **Keep an eye on:**   * Chain of movement / coordination required by the pass. * Ability to turn and stop quickly. * Weight transfer in pass. |
| **Other Benefits:**   * Creativity (problem solve ‘how’ to transfer over distance required to place ball in hoop). * Connection to teammates. * Confidence through passing a distance which is achievable for them. * Communication with others. | **Coach’s Comments:** | | |