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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Protect the Egg | **Target:**5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**Manipulation/Coordination |
| **Intensity Level:**Low to Moderate  |
| **Description:*** Each child with a racket tries to walk balancing a ball on the racket face
* Progress to doing as many consecutive small hits in the air as possible. Once they are able to do 6 hits on the spot they can try to do it while walking.
 | **Equipment:*** Tennis Balls (soft if possible)
* Rackets
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| **Variations:*** Try different walks
* Individually against a wall
* In 2s, one racket each, one shadows the other who carries the ball and on Change! the ball has to be passed over.
* In 2s, one hit each trying to keep ball in the air (or allowing one bounce)
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| **Keep an eye on:*** Arm away from body
* Small hits
* Eye on ball
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| **Other Benefits:*** Connection/Cooperation
 | **Coach’s Comments:** |