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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Roll 1v1/2v1/2v2 | **Target:**7-8 / 9-11 | **FMS/FSS Main Category:**Manipulation / CoordinationInvasion Games |
| **Intensity Level:**Low to Moderate |
| **Description:** * Split group into pairs initially.
* Pairs line up 6 – 10 metres apart (depending on age and ability), facing each other and defending a small goal (2 cones).
* They each take turns to roll the ball at each other’s goal.
* First to 5 wins.
 | **Equipment:*** Different balls (tennis, basketball, football etc.)
* Reaction balls
* Cones
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| **Variations*** Introduce 2v1, 2v2.
* Use different types of balls.
* Use weaker hand.
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| **Keep an eye on:*** Concentration.
* Good rolling stance.
* Readiness of defenders.
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| **Other Benefits:*** Connection / Teamwork
 | **Coach’s Comments:** |