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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 / Coordination  Invasion 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. |
| **Keep an eye on:**   * Concentration. * Good rolling stance. * Readiness of defenders. |
| **Other Benefits:**   * Connection / Teamwork | **Coach’s Comments:** | | |