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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Roll to Goal | | **Target:**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Manipulation/Coordination |
| **Intensity Level:**  Low to Moderate |
| **Description:**   * Split group into teams of 4-6 players * Teams line up 8-10 metres apart facing each other defending a goal 4-5 metres wide. * Teams take turn to roll the ball at each other’s goal trying to get the ball in. First team to 5 goals wins | **Equipment:**   * Balls (football/basketball/netball/tennis) * Cones | | |
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| **Variations:**   * Play with different balls (reaction ball/tennis/football) * Have the defending team on their knees/one leg * More than one ball * Weak hand throws |
| **Keep an eye on:**   * Rolling technique (backswing/follow through) * Readiness of defenders * Throwing Fakes |
| **Other Benefits:**   * Connection * Team work | **Coach’s Comments:** | | |