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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
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| **Keep an eye on:*** Rolling technique (backswing/follow through)
* Readiness of defenders
* Throwing Fakes
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| **Other Benefits:*** Connection
* Team work
 | **Coach’s Comments:** |