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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Round the World Ball | **Target:**5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**Manipulation/CoordinationAgility |
| **Intensity Level:**Low to Moderate |
| **Description:*** One ball per child (or one between two)
* The children mirror the coach circling the ball around different body parts in different sequences and with varying levels of complexity
 | **Equipment:*** Balls (different sizes/types)
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| **Variations:*** Incorporate movement
* Have children in pairs. While one of them circles the ball, the other one puts up fingers to count (forcing partner to work the ball while keeping eyes up)
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| **Keep an eye on:*** Excessive leaning forward
* Feet/CoG position
* Hand position on the ball
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| **Other Benefits:*** Self-responsibility
 | **Coach’s Comments:** |