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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/Coordination  Agility |
| **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) |
| **Keep an eye on:**   * Excessive leaning forward * Feet/CoG position * Hand position on the ball |
| **Other Benefits:**   * Self-responsibility | **Coach’s Comments:** | | |