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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Run of Doom | | **Target:**  9-11 | **FMS/FSS Main Category:**  Manipulation / Coordination |
| **Intensity Level:**  High |
| **Description:**   * Divide the group into teams, one team attacking and one team defending. * Defenders line up in two lines with a lane way in the middle. The defenders should have foam footballs/ rugby balls/ javelins. * Attackers must run through the lane way avoiding all the defenders throwing their balls. If the attacker makes it through to the end of the ‘Gauntlet’ they then have to complete a Basketball shot for points. If the attacker is hit, they must re-join their group at the end of the line. Set a time limit for the game before swapping the teams over. | **Equipment:**   * Variety of foam footballs/rockets * Cones to mark the lane way * Basketball Net/ Goal etc. | | |
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| **Variations:**   * The coach could vary the size of the lane way, if the attackers are finding it difficult to get to the Basketball shot at the end each time, then increase the distance and vice versa. * The Basketball shot can be changed for a penalty kick/ hockey pass to suit the group and situation. |
| **Keep an eye on:**   * Change of direction of attackers avoiding the footballs being thrown by the defenders. * Defenders throwing skills * Make sure that it is fair and enjoyable for the group changing the lane way or outcome as needed. * Potential collisions of defenders retrieving objects in the ‘lane way’ while attackers running through. |
| **Other Benefits:**   * Teamwork / Connection. * Communication skills to achieve end goal. * Slight element of pressure with the end outcome i.e. the Basketball shot. | **Coach’s Comments:** | | |