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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Stationary Passing in 2s | **Target:**5-6 / 7-8 | **FMS/FSS Main Category:**Manipulation/Coordination |
| **Intensity Level:**Low |
| **Description:*** In 2s
* Children stand facing each other and perform different passes with different types of ball (some types may not be suitable to some kinds of pass):
	+ Chest pass
	+ Bounce pass
	+ Overhead pass
	+ Push pass
	+ Baseball pass
	+ Tip pass (finger tips without catching the ball, as in volleyball)
	+ Football passes: inside/outside of foot; chip;
	+ Rugby pass
 | **Equipment:*** Balls (basketball, tennis, football, rugby, etc.)
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| **Variations:*** As above with one ball each (chest vs bounce + change!; overhead vs chest; any combination)
* Vary distance
* Accuracy vs Distance
* Compete to a number of passes (if ball dropped, back to 0!)
* With older children, do it on the move (forward/backwards or sideways)
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| **Keep an eye on:*** Width of base
* Height of CoG
* Hand/Elbow position
* Hand/Elbow/Wrist Action (follow through)
* Kinematic chain from toes to finger tips
* Hands Ready to receive the pass
* Boredom setting in
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| **Other Benefits:*** Connection
 | **Coach’s Comments:** |