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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:** Stationary Passing Wall | | **Target:**  5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**  Manipulation/Coordination |
| **Intensity Level:**  Low to Moderate |
| **Description:**   * Each child by themselves * Children facing a strong wall 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:**   * Hit a specific spot on the wall * 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) |
| **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 |
| **Other Benefits:**   * Self-discipline/work independently * Self-reliance * Concentration * Self-Confidence | **Coach’s Comments:** | | |