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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)
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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
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| **Other Benefits:*** Self-discipline/work independently
* Self-reliance
* Concentration
* Self-Confidence
 | **Coach’s Comments:** |