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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Target Man | **Target:**7-8 / 9-11 | **FMS/FSS Main Category:**Locomotion / Agility |
| **Intensity Level:**High |
| **Description:*** Choose 1 player to be the catcher and 1 to be the target.
* Target player and rest of group form a circle holding hands.
* Catcher runs around outside of circle attempting to catch the target player.
* The circle of players must work together to protect the target from getting caught.
* Once the target is caught or after 10-15 seconds, select 2 new players for each role.
 | **Equipment:*** None required
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| **Variations:*** Smaller groups of circles.
* Target player also runs around outside of circle instead of being part of circle.
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| **Keep an eye on:*** Teamwork
* Quality of movement
* Pulling/pushing participants
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| **Other Benefits:*** Lower Centre of gravity
* Change of direction
 | **Coach’s Comments:** |