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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. |
| **Keep an eye on:**   * Teamwork * Quality of movement * Pulling/pushing participants |
| **Other Benefits:**   * Lower Centre of gravity * Change of direction | **Coach’s Comments:** | | |