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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Target Tennis / Cricket | **Target:** 7-8 / 9-11 | **FMS/FSS Main Category:**Manipulation / Coordination |
| **Intensity Level:**Moderate |
| **Description:*** Target game concentrating on a tennis shot (forehand / backhand / volley) or cricket shot (pull or forward drive).
* In small groups set up a target 10 metres away – children are shown the shot, they then have the opportunity to play the shot into a target.
* 5 goes each – how many can you score?
 | **Equipment:** * Cricket Bat / Tennis Racket
* Tennis balls
* Cones
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| **Variations:*** Try different shots.
* Make the target bigger / smaller.
* Play a team game – one team acts as fielders between the target cones, to score a point for your team you must get the ball past the fielders with the selected shot. The team with the most points wins.
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| **Keep an eye on:*** Shot Technique
* Body Position
* Focus on the target
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| **Other Benefits:*** Confidence in playing the shot
* Team work
* Introduction to a Sport
 | **Coach’s Comments:** |