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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. |
| **Keep an eye on:**   * Shot Technique * Body Position * Focus on the target |
| **Other Benefits:**   * Confidence in playing the shot * Team work * Introduction to a Sport | **Coach’s Comments:** | | |