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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Team Tag Ball | | **Target:**  7-8 / 9-11 | **FMS/FSS Main Category:**  Locomotion / Agility |
| **Intensity Level:**  High |
| **Description:**   * Split players into 2 teams. * Mark out coned area. * Team 1 are the catchers, they must pass the ball around the area and try to touch opponents with the ball. * Aim is to get as many players tagged with the ball as quickly as possible. * Cannot throw the ball, must maintain contact when tagging an opponent. * Cannot move with the ball. * Once an opponent has been tagged, they must go outside of zoned area and carry out a forfeit. E.g. 5 star jumps/shuttles. * Once completed, they can return to the game. * Teams swap roles after 1 minute. | **Equipment:**   * Cones * Balls * Bibs | | |
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| **Variations:**   * Any players who get tagged can either join the other team or else are out of game. * 30 seconds to eliminate as many as possible. |
| * **Keep an eye on:** * Throwing technique * Quality of movement/Readiness * Catching * Players standing rather than anticipating next pass/move |
| **Other Benefits:**   * Team work * General Fitness * Game rules | **Coach’s Comments:** | | |