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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.
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| * **Keep an eye on:**
* Throwing technique
* Quality of movement/Readiness
* Catching
* Players standing rather than anticipating next pass/move
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| **Other Benefits:*** Team work
* General Fitness
* Game rules
 | **Coach’s Comments:** |