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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Team Reactor | | **Target:**  7-8 / 9-11 | **FMS/FSS Main Category:**  Manipulation / Coordination |
| **Intensity Level:**  Moderate |
| **Description:**   * Team game using reaction balls. * Split group into 2 teams. * Teams line up in two lines beside each other. Coach stands in front of the first 2 children at the front of the line. The coach has an agility ball in each hand, both balls drop and bounce at the same time, first player to get the ball cleanly in their hands wins a point for their team. | **Equipment:**   * Reaction balls | | |
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| **Variations:**   * Widen the space between the teams. * Throw the balls up in the air, to get more reaction when they bounce. * Round Robin team competition. * If enough reaction balls, it can de done 1v1 or 2v2 with children dropping the ball and being in charge |
| **Keep an eye on:**   * Starting position * Reaction times * Agility * Coordination |
| **Other Benefits:**   * Reactions * Confidence | **Coach’s Comments:** | | |