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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Team Target Tennis / Cricket | **Target:** 7-8 / 9-11 | **FMS/FSS Main Category:**Manipulation / Coordination |
| **Intensity Level:**Moderate |
| **Description:*** Split the group into two teams – one batters, one fielders.
* The Coach acts as a ‘Bowler’, batting side sit behind the stumps and come to bat one at a time.
* Fielders spread out in the field.
* When the batters hit the ball they must run around a cone at the side and get back in front of the stumps before the bowler bowls.
* The game is ‘Continuous’ once the fielders get the ball they throw to the bowler and he bowls. Team with the most runs wins. The batter is out if they are bowled or caught.
 | **Equipment:** * Kwik Cricket Set / Tennis Rackets
* Tennis Balls
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| **Variations:*** Larger ball.
* Caught out by one bounce off the ground.
* Play two innings and add the team scores together.
* Use a tennis racket.
* Nominate a tennis shot for the batter.
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| **Keep an eye on:*** Batting / hitting stance and technique
* Catching & Throwing technique
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| **Other Benefits:*** Teamwork
* Maths – make a person the team scorekeeper
 | **Coach’s Comments:** |