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| **Activ8 Wildcats Club Activity Breaker** | | | |
| **Activity Name:**  Terminator Passing | | **Target:**  7-8 / 9-11 | **FMS/FSS Main Category:**  Manipulation / Coordination |
| **Intensity Level:**  Moderate to High |
| **Description:**   * In groups of 4 to 6. * 1 player stands in front of the other players who are lined up with 2 balls. * The player receives the first ball from the line and can only pass back to a player in the line without a ball, the second ball is then passed, as before you can only pass back to someone without a ball. * How many passes can you make in 1 minute? | **Equipment:**   * Tennis Balls / Rugby Balls / Handballs * Hockey/ Hurling Sticks * Cones | | |
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| **Variations:**   * Introduce more balls. * Use different balls e.g. footballs, volleyballs, basketballs, tennis balls. * Passer has to run to a cone 2 metres behind them and come back before receiving the next pass. * Use Hockey or Hurling pass. |
| **Keep an eye on:**   * Passing and catching technique. * Passing and catching technique under pressure of time. * Body position. |
| **Other Benefits:**   * Eye / Hand Coordination. * Confidence to catch and pass. * Communication. * Timing of the pass in relation to the next ball. | **Coach’s Comments:** | | |