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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.
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| **Keep an eye on:*** Passing and catching technique.
* Passing and catching technique under pressure of time.
* Body position.
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| **Other Benefits:*** Eye / Hand Coordination.
* Confidence to catch and pass.
* Communication.
* Timing of the pass in relation to the next ball.
 | **Coach’s Comments:** |