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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Top Ten | **Target:**5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**Manipulation/Coordination |
| **Intensity Level:**Low  |
| **Description:*** In pairs children take turns throwing the ball up into the air and letting it bounce as many times as they want before they catch it. The number of catches is the score. First to 10 catches wins.
* If the child doesn’t catch the ball, it’s a ‘no score’
 | **Equipment:*** Balls (football/basketball/netball/tennis)
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| **Variations:*** Play with different balls
* With older kids, allow the non-thrower to disrupt the catch by trying to get in the way
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| **Keep an eye on:*** Height of CoG
* Feet positioning
* Cradling the ball
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| **Other Benefits:*** Limited opposition
 | **Coach’s Comments:** |