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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Wall Rebound | **Target:**5-6 / 7-8 / 9-11 | **FMS/FSS Main Category:**Manipulation/CoordinationAgility |
| **Intensity Level:**Low  |
| **Description:*** Individually or in pairs, children throw/kick/hit a ball against the wall trying to catch the rebound in the air or after the least number of bounces
 | **Equipment:*** Balls (different sizes/types)
* Rackets/Bats/Sticks
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| **Variations:*** Set a goal opposite the wall. One child throws, the other one is in goal. Try to beat the goalie with the rebound.
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| **Keep an eye on:*** Quality of the throw/kick
* Readiness of keeper
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| **Other Benefits:*** Self-responsibility
* Cooperation/Opposition
 | **Coach’s Comments:** |