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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/Coordination  Agility |
| **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. |
| **Keep an eye on:**   * Quality of the throw/kick * Readiness of keeper |
| **Other Benefits:**   * Self-responsibility * Cooperation/Opposition | **Coach’s Comments:** | | |