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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Wing Support | **Target:** 9-11 yrs | **FMS/FSS Main Category:**Locomotion (high on agility) |
| **Intensity Level:**High |
| **Description:*** Place 5 cones across the middle of the area, 10 yards in from each sideline. Play 4 vs 4.
* The ball is not allowed to travel through or over the discs. The object of the game is to get the ball wide in the near side of the field and attack the flanks of the attacking area.
* Although the ball is not allowed to travel over the discs, players may make runs over the discs.

Coaching Points* Create space on the flanks by drawing defenders from the attacking space.
* Diagonal runs, blind-side runs and overlapping runs should be encouraged to exploit space.
* Supporting players must get in forward attack to meet the crosses to the prime scoring area.
 | **Equipment:** * Football, Netball, Rugby ball, Basketball
* Cones,
* Goals
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| **Variations:*** Decrease the number and width of the discs in the area.
* Players can pass the ball through the discs if they play a 1-2 combination to do so.
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| **Keep an eye on:*** Body position, passing and movement, awareness and decision making.
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| **Other Benefits:*** Development of team play.
 | **Coach’s Comments:** |