|  |
| --- |
| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Wobble Board Pass/ Catch | **Target:**7-8 / 9-11 | **FMS/FSS Main Category:**Stability / Balance |
| **Intensity Level:**Low |
| **Description:**In pairs standing on a wobble board side by side, facing a wall, pass the ball against a target marked on the wall and catch the return. | **Equipment:*** Wobble Boards
* Selection of balls different sizes and shapes
* Targets – chalk to mark on the wall
 |
|  |
| **Variations:*** Move the wobble boards further from the wall, move targets up and down to vary the type of pass required. Points for each target hit.
* Have the pairs face each other and pass back and forth, move the wobble boards further apart and vary the size of the ball used to increase or decrease difficulty. Points for number of successful completed passes.
* Adding an element of pressure, one player in the middle standing on a wobble board, 3 players on the outside passing a variety of balls at different heights and speeds, making the player on the wobble move and rotate to receive the passes.
* Play bench ball with the bench being a wobble board
 |
| **Keep an eye on:*** Stability and Balance on the board.
* Co-ordination.
 |
| **Other Benefits:*** Partner work and working together to achieve a target.
 | **Coach’s Comments:** |