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| **Activ8 Wildcats Club Activity Breaker** | | |
| **Activity Name:**  Work the Wings | **Target:**  9-11 yrs | **FMS/FSS Main Category:**  Invasion Games |
| **Intensity Level:**  High |
| **Description:**  Team play to develop width in a game situation.  Divide the group into teams, 4/5 players per team.   * Set up an area with a goal at each end, as follows     Wing Player  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Team A  GOAL GOAL  Team B  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Wing Player   * Set up a game using hockey / netball / football / rugby / handball * The ‘Wing Players’ are neutral and play for both teams, they always pass to the team in possession of the ball * For a team to score a goal they must make a pass to a ‘wing player’ receive it back and have a shot.   Play off a round robin competition with all the teams under the same conditions using the wing players. | **Equipment:**   * Netballs/footballs/hockey sticks and ball/rugby balls/ discs | |
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| **Variations:**   * Use different sports e.g.netball/hockey/football/rugby/handball. |
| **Keep an eye on:**  Emphasize to the children the benefits of using width in a game   * + That it can create space elsewhere on the pitch.   + Delivery from a wide area can be difficult to defend against.   + It can be adopted in breaking down the defence. |
| **Other Benefits:**   * Develop Team Work, communication, movement and passing. | **Coach’s Comments:** | |