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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 AGOAL 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.
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| **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.
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| **Other Benefits:*** Develop Team Work, communication, movement and passing.
 | **Coach’s Comments:** |