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| **Activ8 Wildcats Club Activity Breaker**  |
| **Activity Name:** Zig Zag Shadow  | **Target:**7-8 / 9-11 | **FMS/FSS Main Category:**Locomotion / Agility |
| **Intensity Level:**High |
| **Description:*** Players get into pairs numbered 1 and 2.
* Number 2 is the shadow and must follow/copy every move that their partner makes.
* 30/60 seconds and players swap roles.
 | **Equipment:*** None required unless using variation
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| **Variations:*** Coach calls freeze at certain times and shadow player must hold the same position as partner.
* Conditioned movement skills. E.g. On the floor, 1 foot, hopping, facial expressions.
* Introduce equipment such as balls, shadow must copy movement.
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| **Keep an eye on:*** Space and movement.
* Dangerous play.
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| **Other Benefits:*** Partner work.
* Connection.
* Character building, giving children responsibility of numbering each other.
 | **Coach’s Comments:** |