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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. |
| **Keep an eye on:**   * Space and movement. * Dangerous play. |
| **Other Benefits:**   * Partner work. * Connection. * Character building, giving children responsibility of numbering each other. | **Coach’s Comments:** | | |