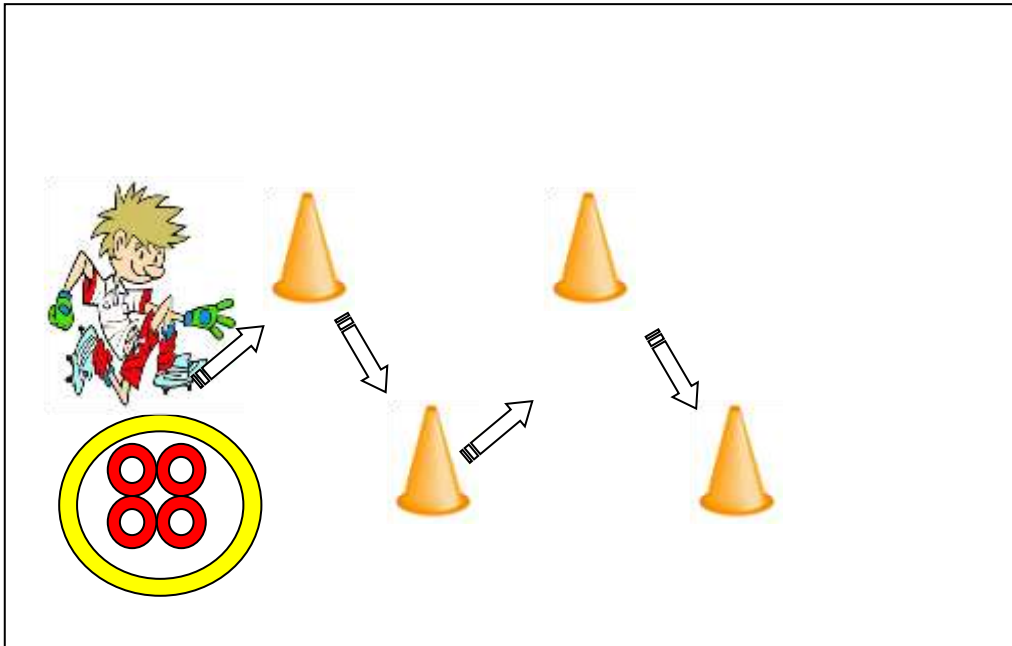


## STATION 2: AGILITY

### Activity: Cap the Cone



### FOCUS

- Develops child's ability to change direction at speed.

### RULES – HOW TO PLAY

- Lift 4 quoits from hoop
- Run out to cone and place quoits on top of cones
- Use nearside hand for placing quoit on cone
- Next player runs out and takes quoits of cone and places them in hoops



## **HARDER**

- Increase distance between hoop and cones
- Add in more cones and quoits

## **EASIER**

- Replace cones with hoops and place quoits in hoop
- Remove quoits and just run out and touch cones
- Have two players at each end of course

## **COACHING POINTS**

### **HEAD**

- Scan area with eyes and keep head up when running to and from cones

### **HANDS**

- Use nearside hand i.e. left hand if cone is on left side

### **FEET**

- Run on balls of feet
- Plant outside foot to change direction

## **EQUIPMENT**

- 1 Medium Hoop
- 4 Quoits
- 4 Medium cones