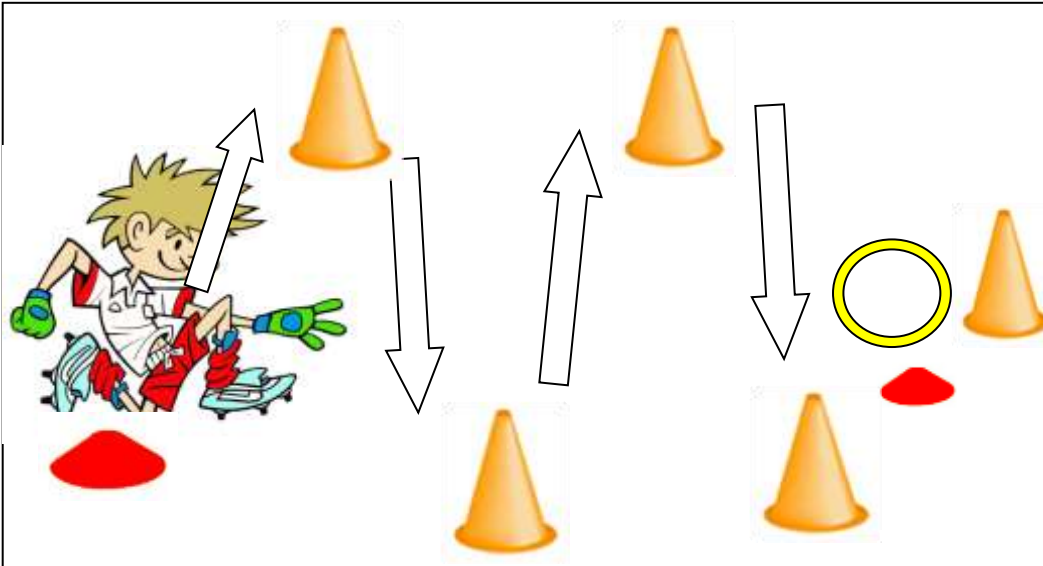


STATION 1: AGILITY

Activity: Round the Towers



FOCUS:

- In this activity we are developing the players' ability to change direction as quickly as possible.

RULES – HOW TO PLAY

- Mark out an area with 4 cones 1m apart diagonal from each other
- Run around the outside of the cones, planting the outside foot to drive off
- When they reach the red cone, throw the hoop over the cone
- Run straight back and high five the next child to go



HARDER

- Move the cones closer together.
- Reduce the size of the hoop to throw over the cone
- Go backwards one way, then forward another way

EASIER

- Spread out the cones
- Move the small cone closer to the bigger cone to throw the hoop at

COACHING POINTS

HEAD

- Keep the head up watching where the cones are

HANDS

- Hands up ready to turn

FEET

- Move on balls of feet
- Plant the outside of the foot to drive off on

• EQUIPMENT:

- 2 Domes
- 5 big cones
- 1 hoop