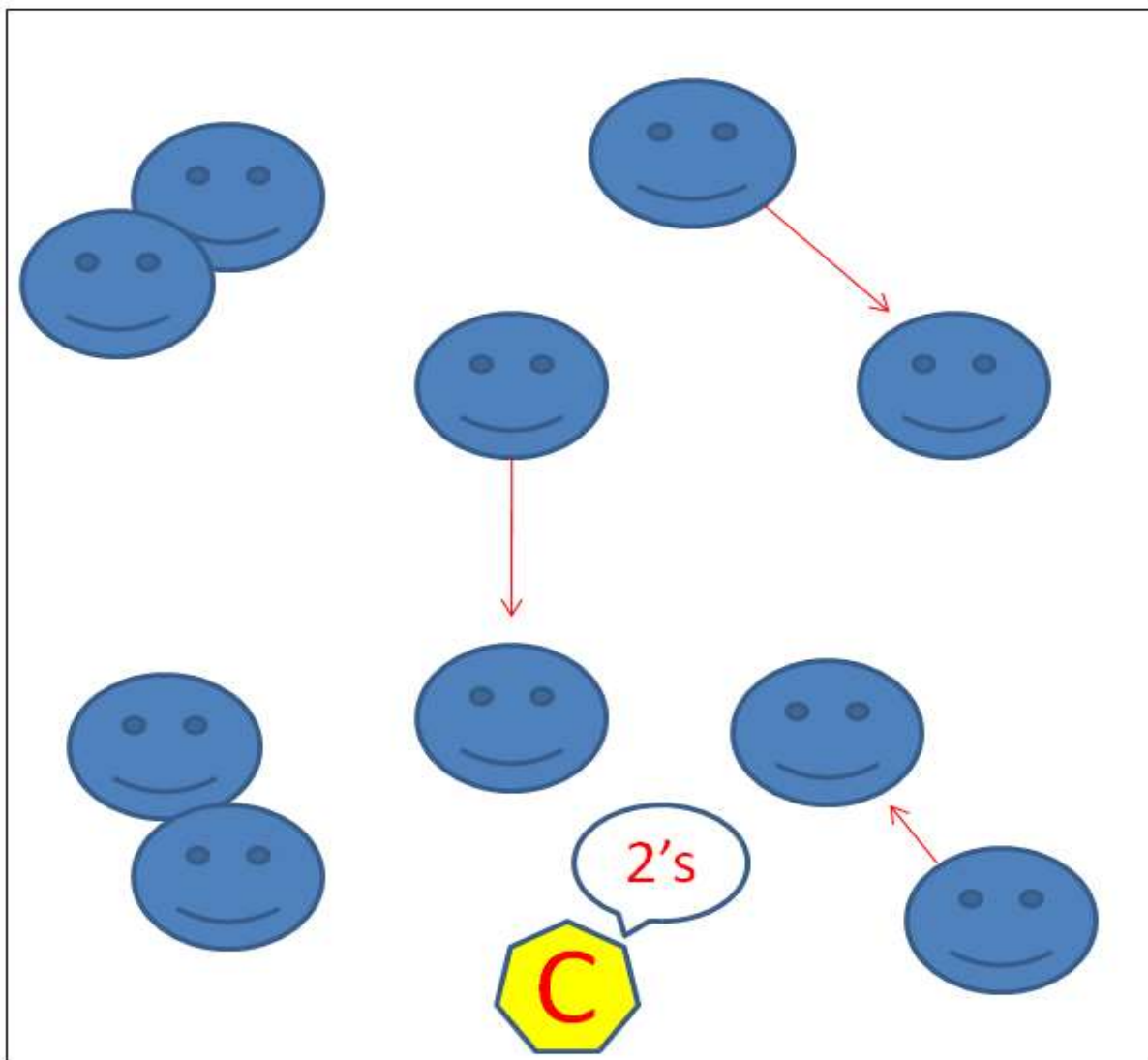


Warm Up - 3

Numbers



How to Play?

- Aim to follow coach's instructions moving in and around the area.
- The group run about until a number is called e.g. 'Two', the players pair off etc.

Numbers

Make it harder

- Repeat above travelling in different directions i.e. backwards etc.
- Use visual stimuli i.e. colour domes e.g. Red = Sideways; Green = Forwards etc.
- Use less cones.
- Use a smaller area.

Make it easier

- Use half class so the others can watch and copy.
- Use more coloured cones.
- Use a larger area.