LAPS
Little Athletics
Program for Schools

GREAT IDEAS FOR GROUP GAMES

A collection of games for conducting warm up activities and event skill training

Jetstar
Little Athletics Australia

Australian Little Athletics

Great Ideas for Group Games

A Collection of Games for Conducting Warm Up Activities and Event Skill Training

This resource has been created by Darren Wensor on behalf of Australian Little Athletics.
Graphic design by Nicole Duffey.
Cover photo courtesy of Stephen Chu.

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Great Ideas for Group Games

Introduction

MAKE IT FUN! These three words contain possibly the most important piece of advice that can be given to a coach or teacher conducting athletics training for young people.

Unfortunately, traditional athletics skill teaching is often associated with short bursts of activity and long waiting periods - a great way to de-motivate young people! Don't expect children to have the same attitude to training as an adult - they rarely will. It is generally very difficult for children to motivate themselves to perform practice unless there is an immediate or very short term "reward".

One reward that coaches can offer is fun, and the answer is games. While traditional drills have the goal of improvement, games have an outcome that is more tangible and appealing to the young athlete. In initiating skill practices with a game element, you are organising activities that will motivate and improve.

This booklet features an extensive collection of athletics games, many original and never before published. It has been designed for the teacher or grass roots coach teaching athletics to groups of young people.

Some of the games have been designed to inject an element of fun into an otherwise boring and repetitive activity; others have been designed so that group situations can be better managed by keeping large groups active and / or entertained; yet others have been designed to inherently highlight elements of a skill to be learnt. Regardless, all of the games have been tried and tested out in the field. They do work.

Next time you are conducting a session for a group of young athletes, at its conclusion, ask them what they most enjoyed. Don't be surprised if they answer: "The games".

Group Warm Up Activities

The following activities are all suitable to be used as introductory warm up games for groups of up to thirty players. They are easy to organise and explain, and require minimal equipment. They are ideal for ensuring an enjoyable start to a session.

Some tips: -

- Ensure that playing areas are large enough to allow players to move about freely and reduce the possibilities of collisions.
- For some of the "tag" games, ensure that there are sufficient "taggers" selected to make the game interesting, however not too many so that the game is confusing.
- When conducting a "tag" game, ensure that the taggers are easily identified, eg. wearing a colour band, carrying a ribbon, etc.
- Avoid using "elimination games" (ie. games in which players are eliminated or "go out") as introductory warm up games. Using elimination games defeat the purpose of the warm up.

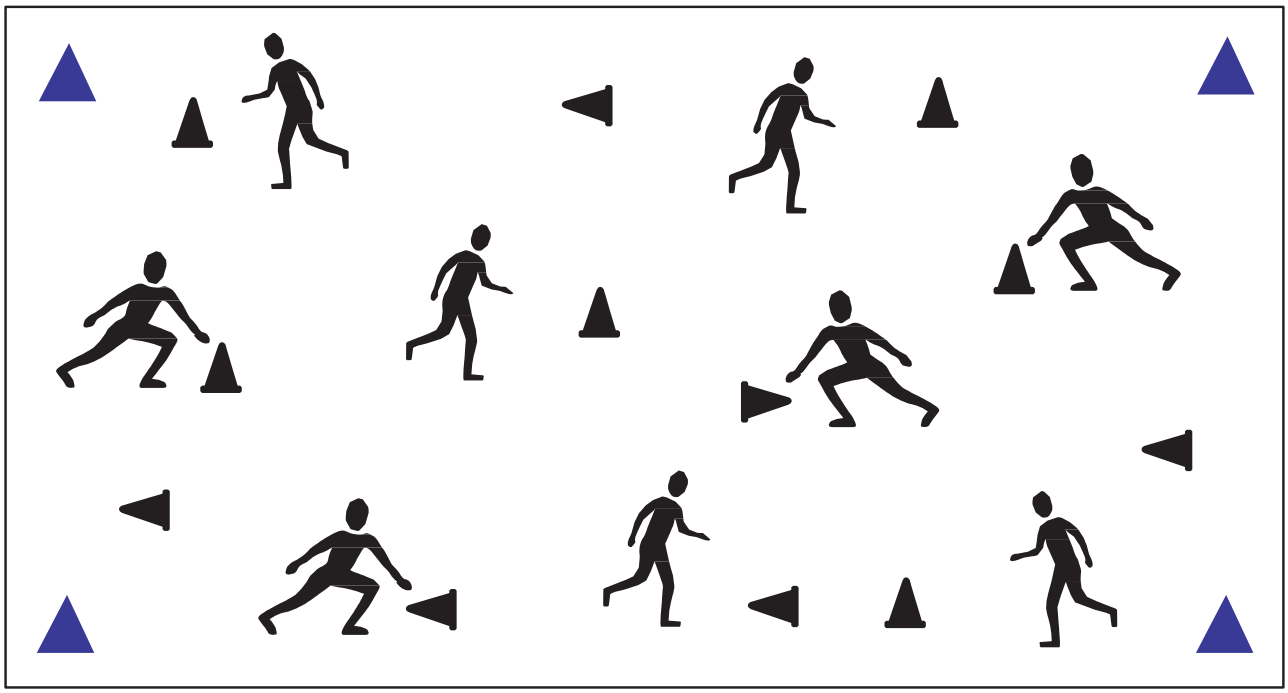
Turn Over The Hats

General body warm up; agility.

Ground markers.

Two teams. Ground markers scattered in designated playing area, half of them turned upside down.

On "Go!" Team A moves around the playing area attempting to turn as many markers as possible the right way up; at the same time Team B attempts to turn as many markers as possible upside down. After playing for a designated time, stop the game and count the number of markers the correct way up, compared to the number of markers upside down, to find the winning team.



- Ensure a large enough playing area to reduce the chance of collisions.
- Widely spaced markers inside the playing area will also reduce the chance of collisions.

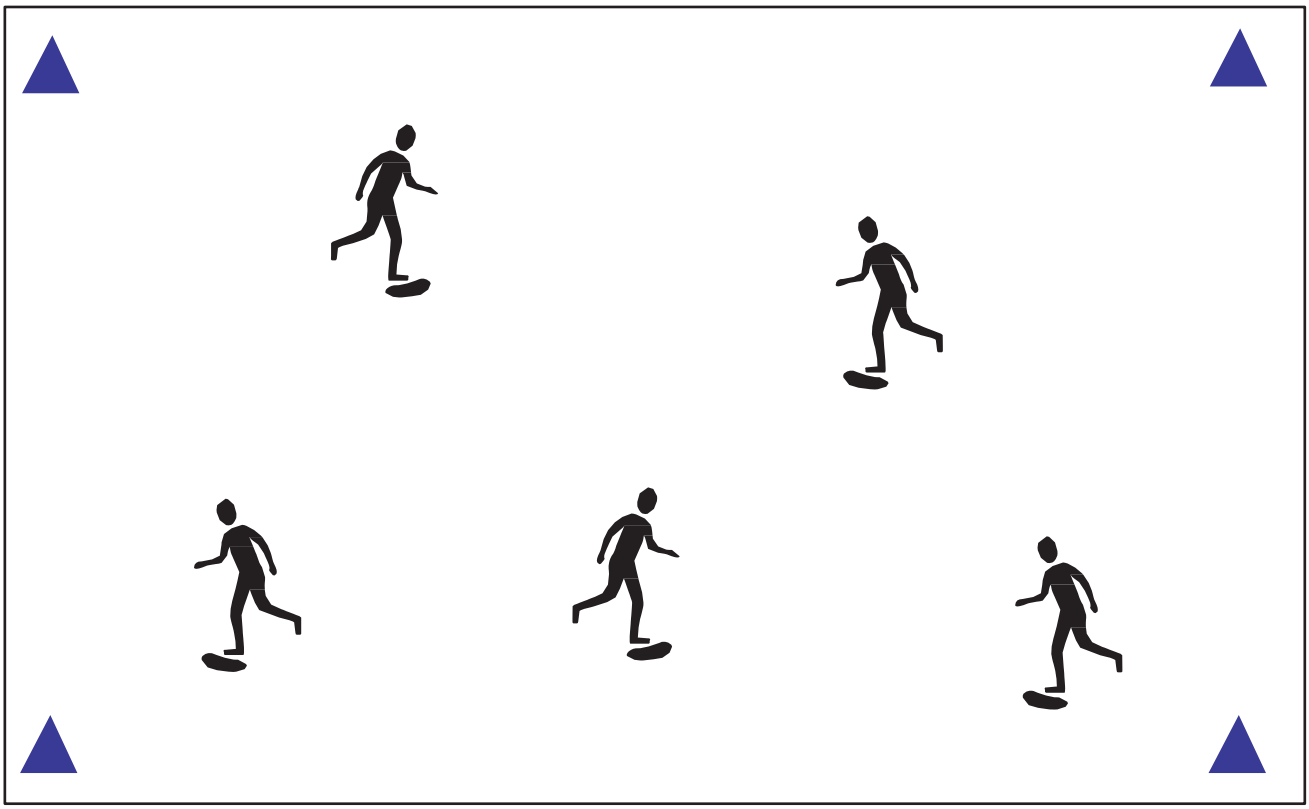
Bean Bag Bungle

General body warm up; body awareness.

Ground markers, bean bags, whistle.

Create a square playing area with ground markers. Scatter bean bags around the playing area - one for each player. Players stand with their foot on their bean bags.

Players leave their bean bag on the ground and move randomly within the playing area performing an action selected by the leader. Eg. skipping, hopping, jumping, etc. When the leader blows the whistle, the players must quickly find a different bean bag and put their foot on it. Repeat. Each time the players must find a different bean bag.



ALTERNATIVE:

After blowing the whistle, the leader calls out a body part eg. elbow, knee, etc, and the players respond by touching a bean bag with this part of their body. Change the body part called each time.

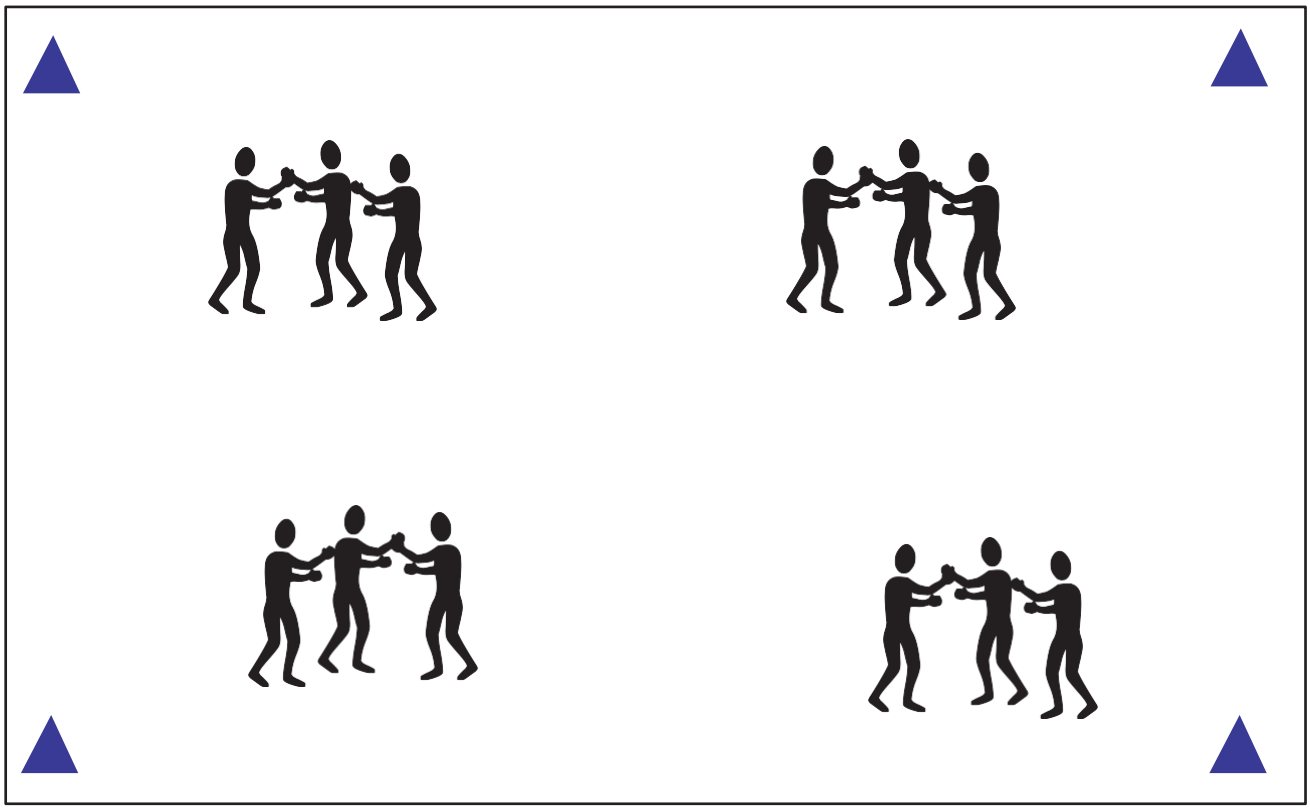
The Numbers Game

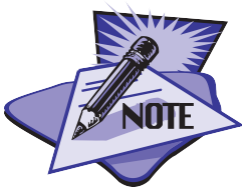
General body warm up.

Ground markers.

Create a square playing area with markers. Players randomly scattered within playing area.

The players move about randomly within the playing area, performing an action selected by the leader, eg., skipping, hopping, jumping, etc. The leader then blows the whistle and calls out a number. The players are required to quickly form groups of this size, ie., if the leader calls "3", players must form groups of three.





Change the action that the players are to perform each time.

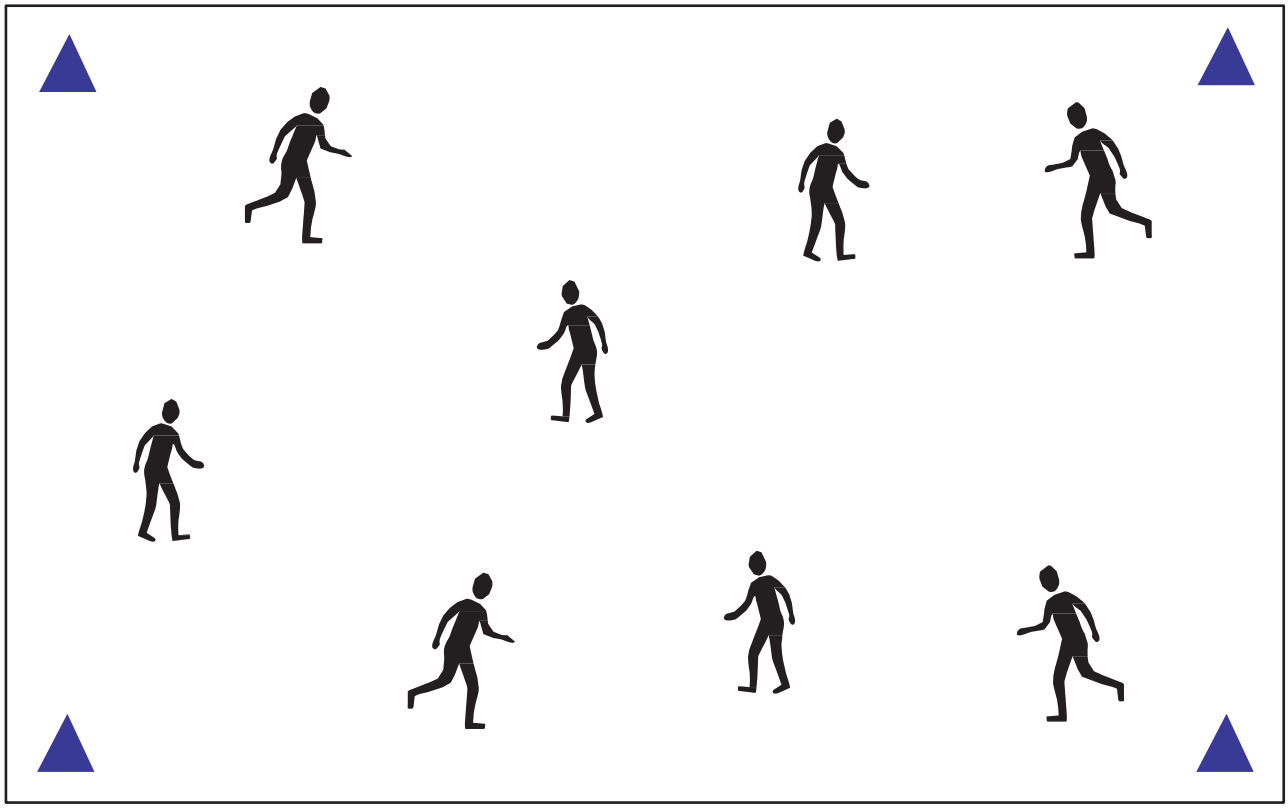
Aerobic Immunity Tag

General body warm up.

Ground markers.

Create a square playing area with ground markers. Players randomly scatter within the playing area. Select one or more "taggers".

This is played as a traditional game of tag, however players can be "immune" from being tagged if they are performing an exercise selected by the leader, eg. running on the spot.



Regularly change the exercise to be performed.

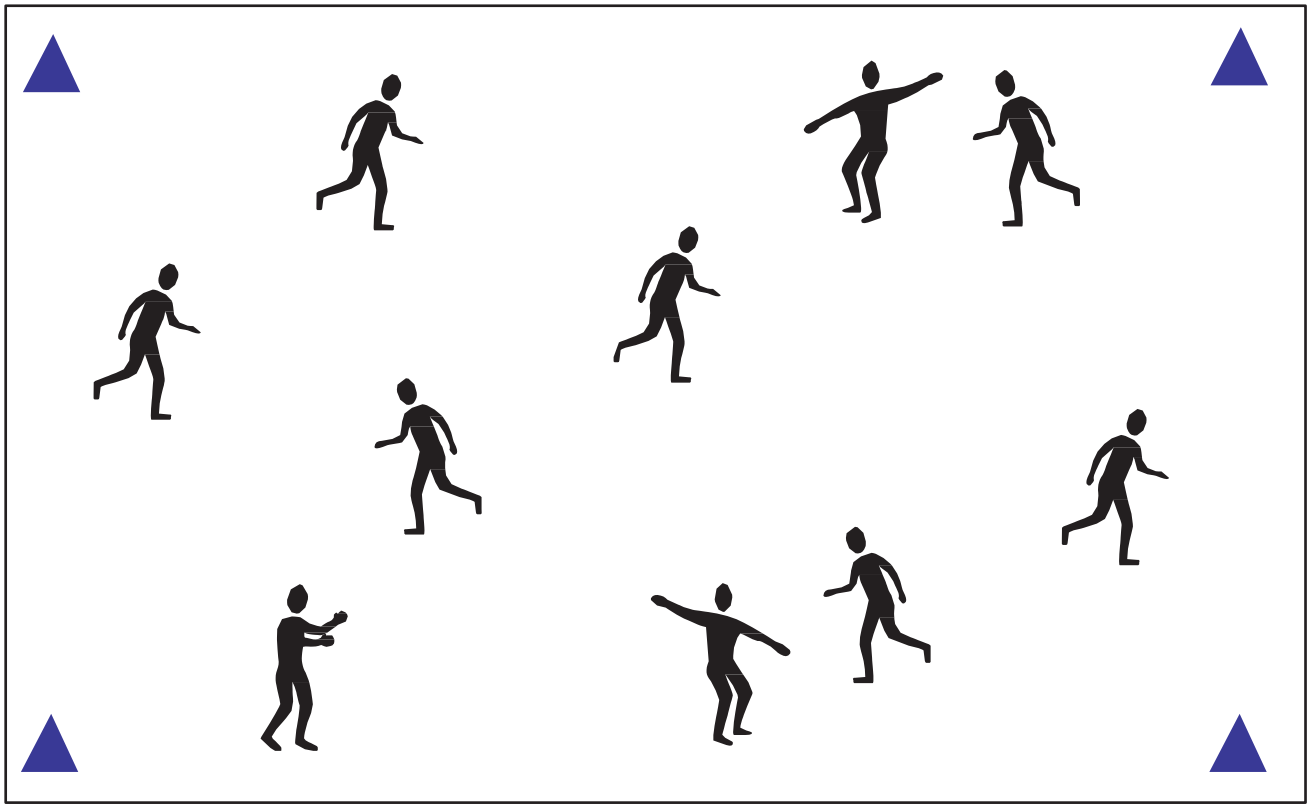
Frost and Thaw

General body warm up; agility

Ground markers.

Create a square playing area with ground markers. Players randomly scatter within the playing area. One player is selected as "frost"; another is selected as "thaw".

The role of "frost" is to chase and tag as many players as possible. Any player who is tagged by "frost" must "freeze" on the spot on which they were tagged. The role of "thaw" is to run about and tag the players who have been "frozen" by "frost" , thus releasing them back into the game. If "thaw" is tagged by "frost", then "thaw" must remain "frozen" for a time specified by the leader, eg. 10 seconds. Play the game for a certain time period or until "frost" has "frozen" all other players.



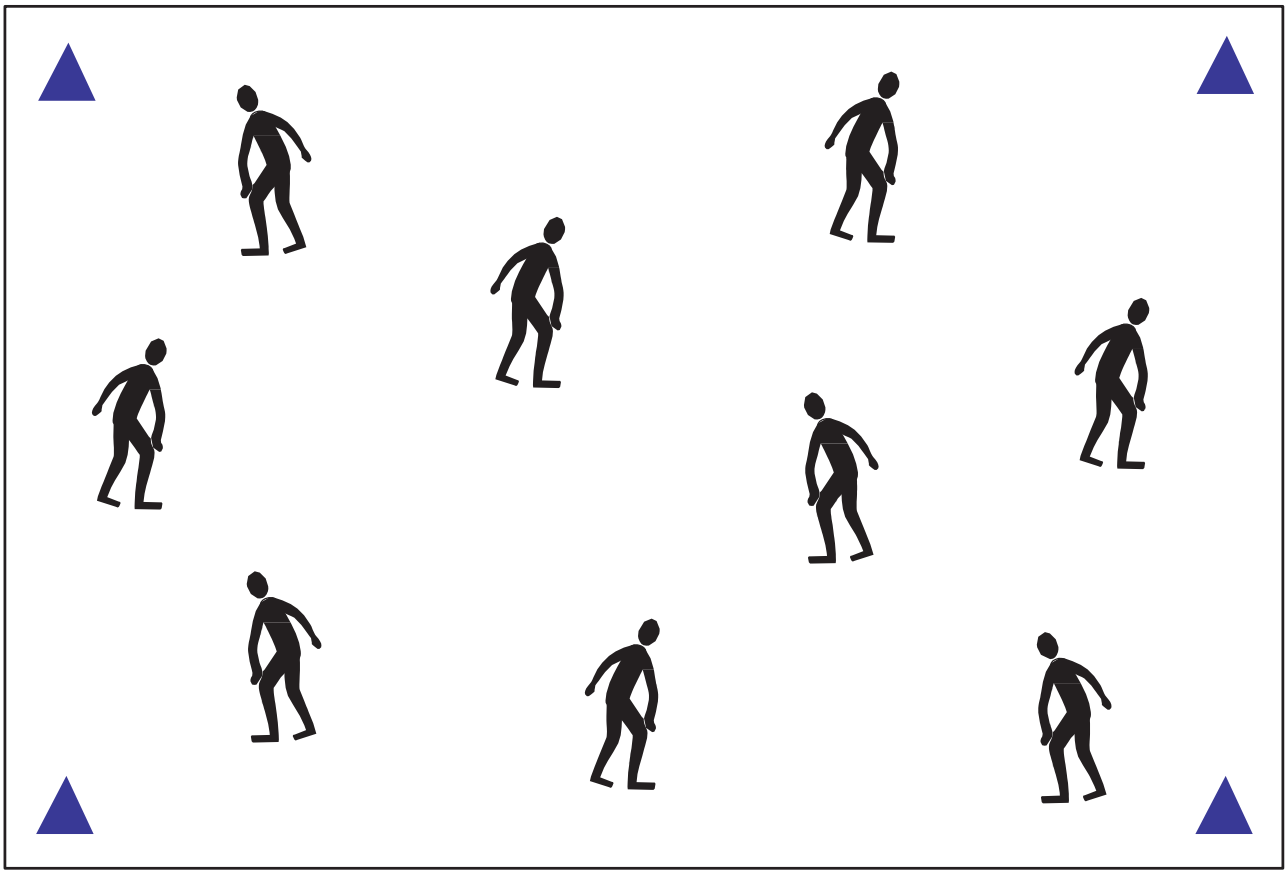
French Tag

General body warm up.

Ground markers.

Create a square playing area with ground markers. Players randomly scatter within the playing area. Select one or more "taggers".

This game is played as a traditional game of tag, however all players must play with their hand placed on a part of their body selected by the leader, eg. " one hand on your knee" or "one hand on your elbow". Players tagged become new "taggers".



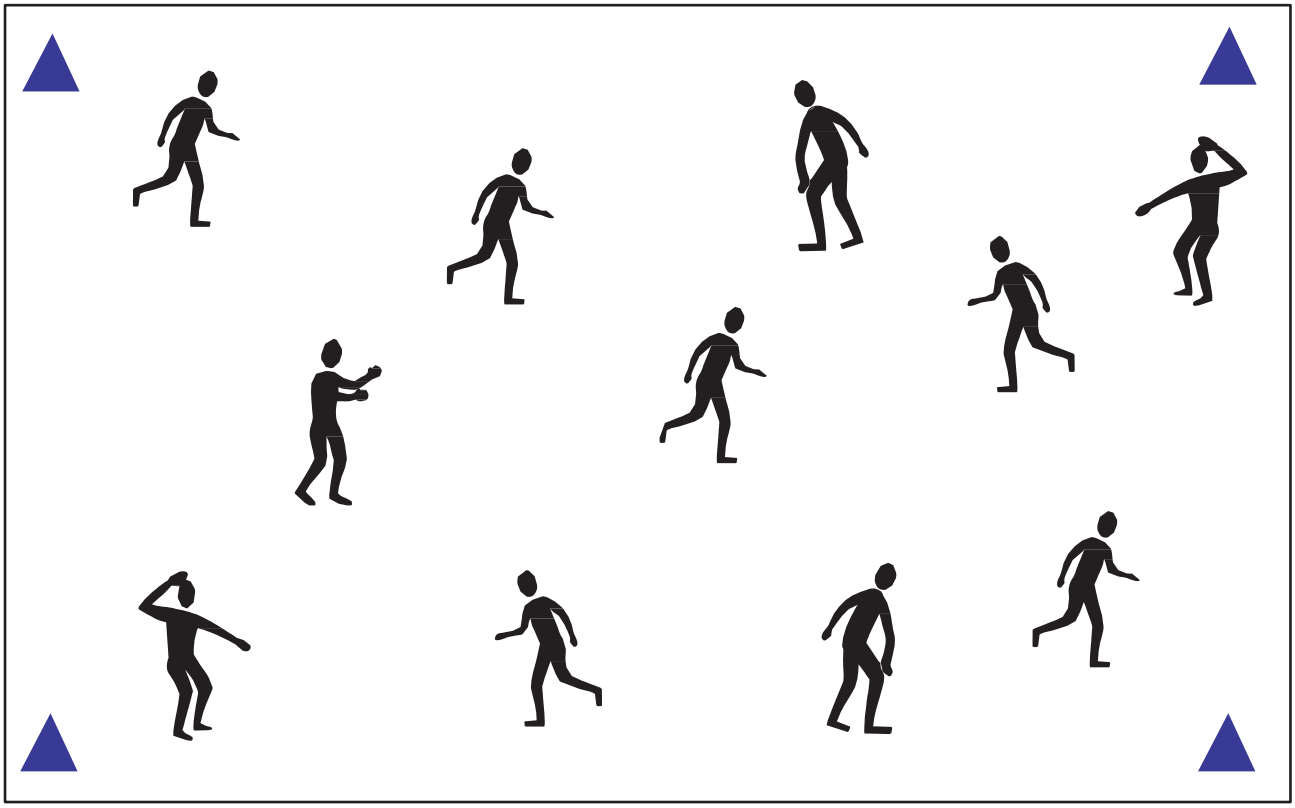
Hospital Tag

General body warm up; agility

Ground markers.

Create a square playing area with ground markers. Players randomly scatter within the playing area. Select one or more "taggers".

This game is played as a traditional game of tag, however a tagged player must play with one hand on the body part on which they were tagged.



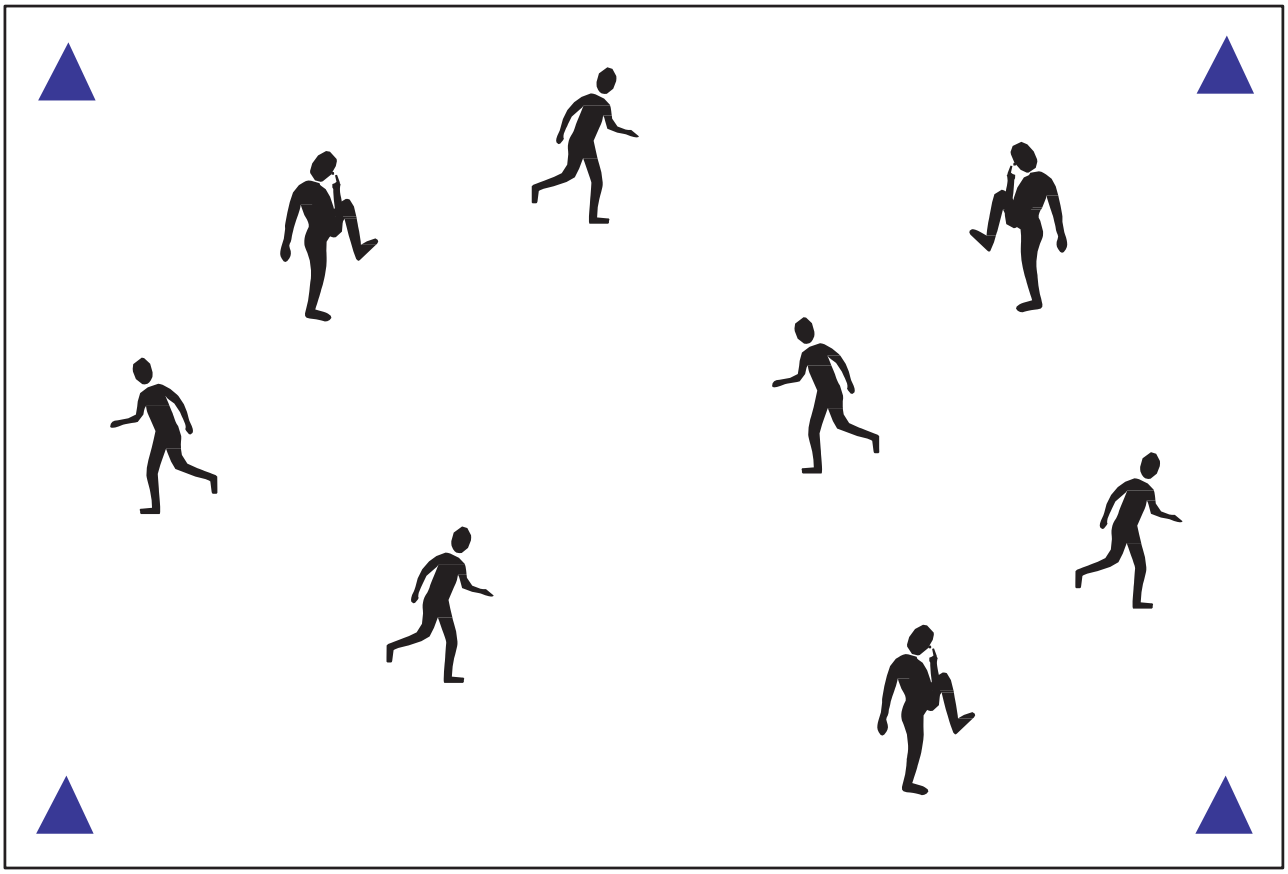
Ostrich Tag

General body warm up, balance.

Ground markers.

Create a square playing area with ground markers. Players randomly scatter within the playing area. Select one or more "taggers".

This game is played as a traditional game of tag, however players are immune from being tagged if they are standing on one leg, reaching with one arm under their other leg, and touching their nose with this hand.



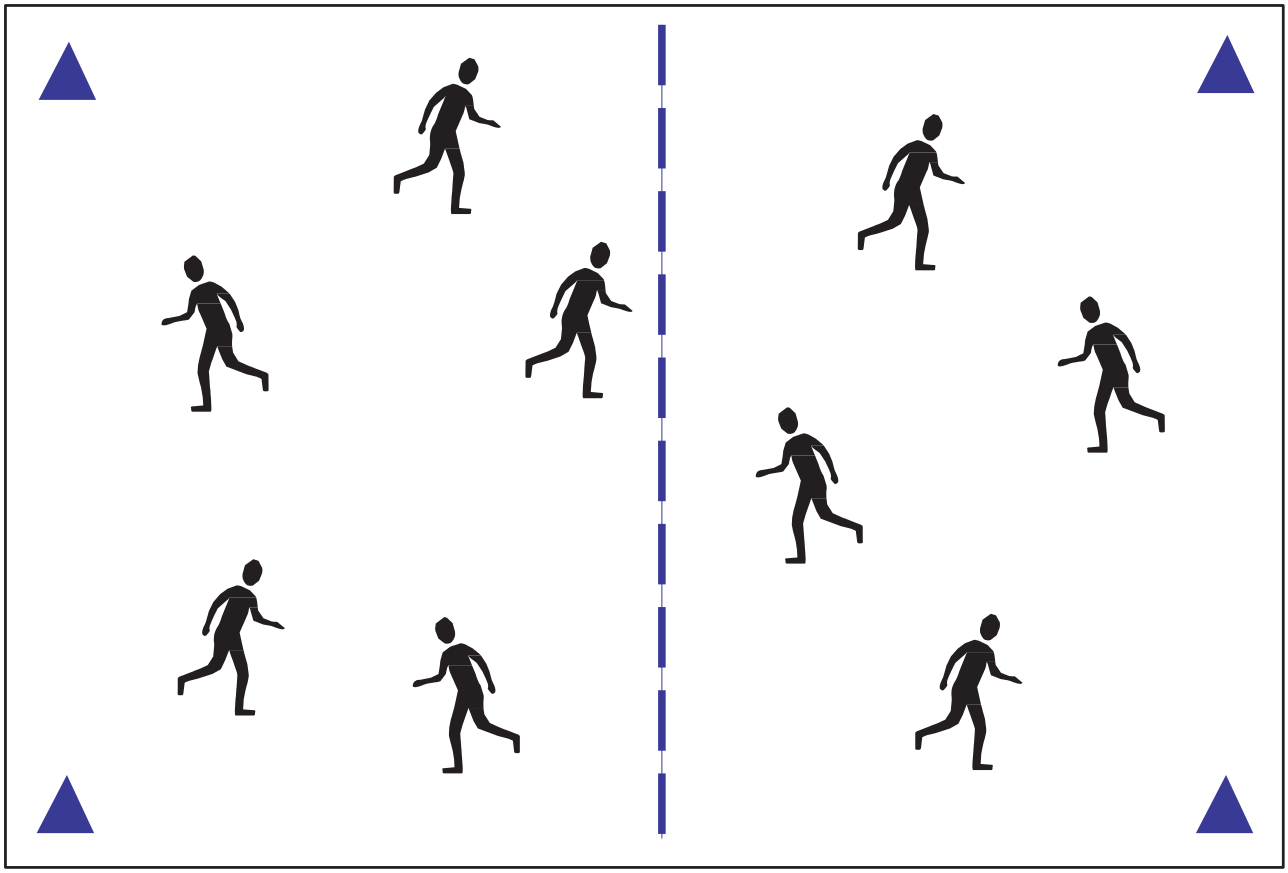
Optional Tag

General body warm up; agility.

Ground markers.

Divide a square playing area into two halves. Select one tagger for each half of the playing area. Other players scatter within the playing area.

Taggers must remain in their half of the playing area. Other players may run anywhere within the playing area. If tagged, a player becomes the new tagger in the half of the playing area in which they were tagged.



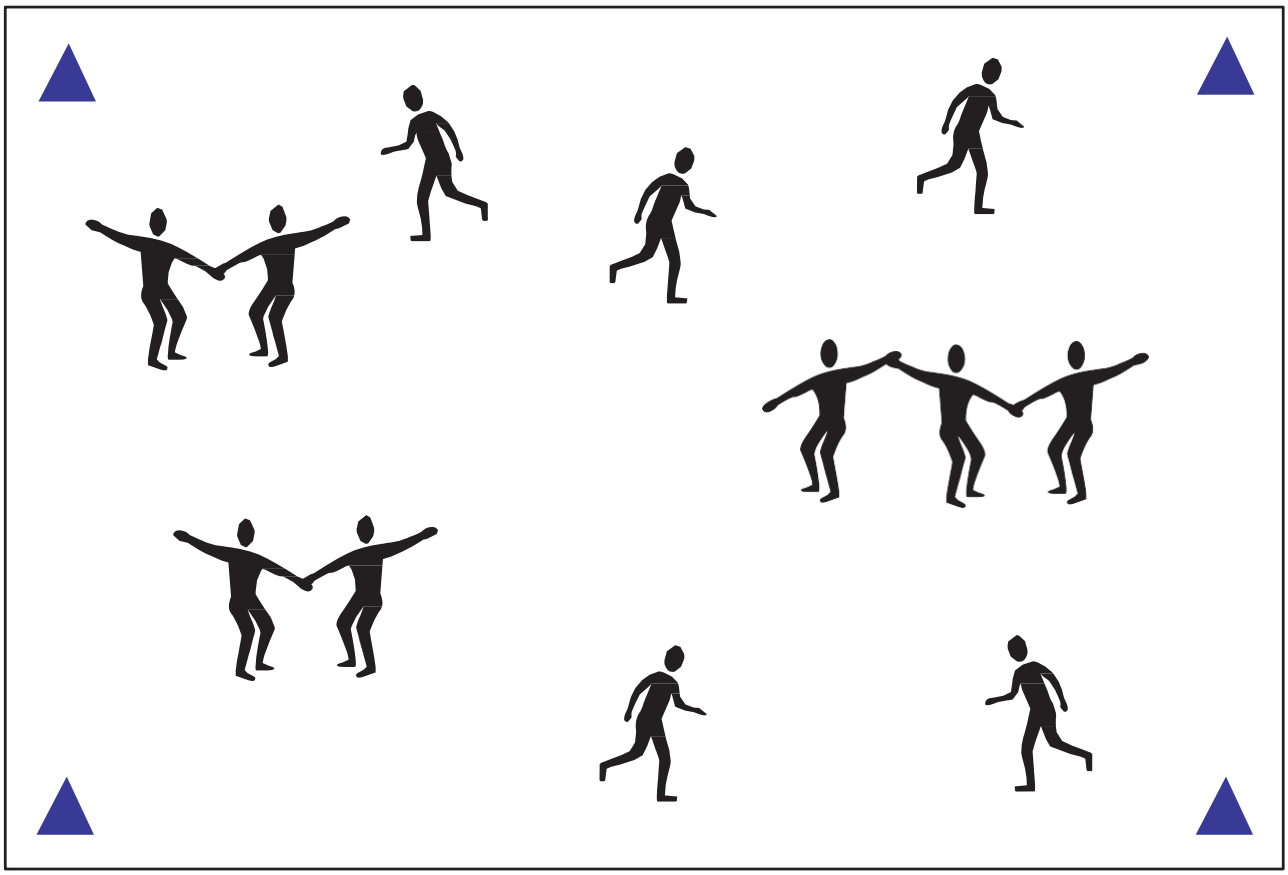
Chain Tag

General body warm up.

Ground markers.

Create a square playing area with ground markers. Select one or more "taggers".

Taggers attempt to tag other players. If a player is tagged, they join hands with their tagger, forming the links of a chain. Once a "chain" consists of four people, the chain is split into two and the game continues. Play for a designated time or until all players are part of a chain.



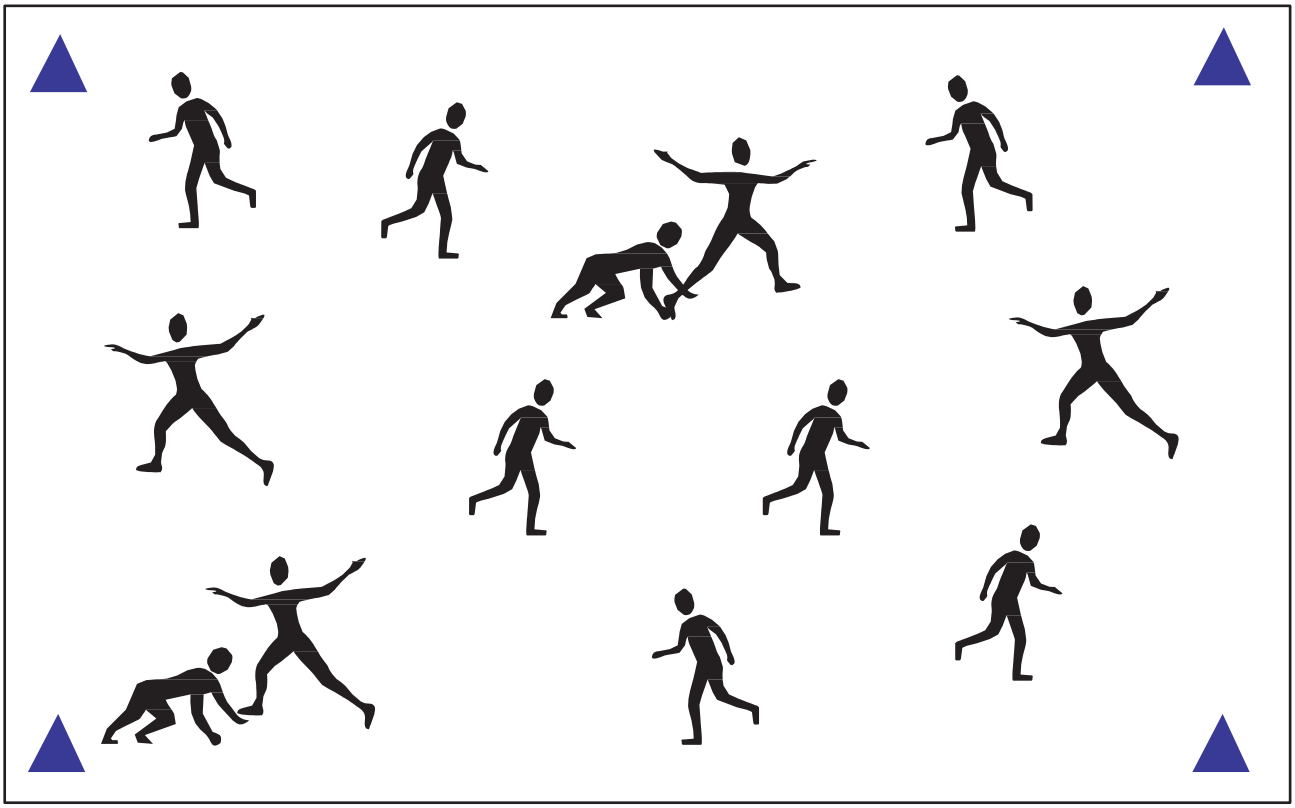
Scarecrow Tag

General body warm up.

Ground markers.

Create a square playing area with ground markers. Select one or more "taggers".

Taggers attempt to tag other players. If a player is tagged, they must stand still with their feet apart and arms extended out to the side (a "scarecrow"). They can be released by another player crawling under their legs. A player is immune from being tagged if they are in the process of crawling under a "scarecrow's" legs.



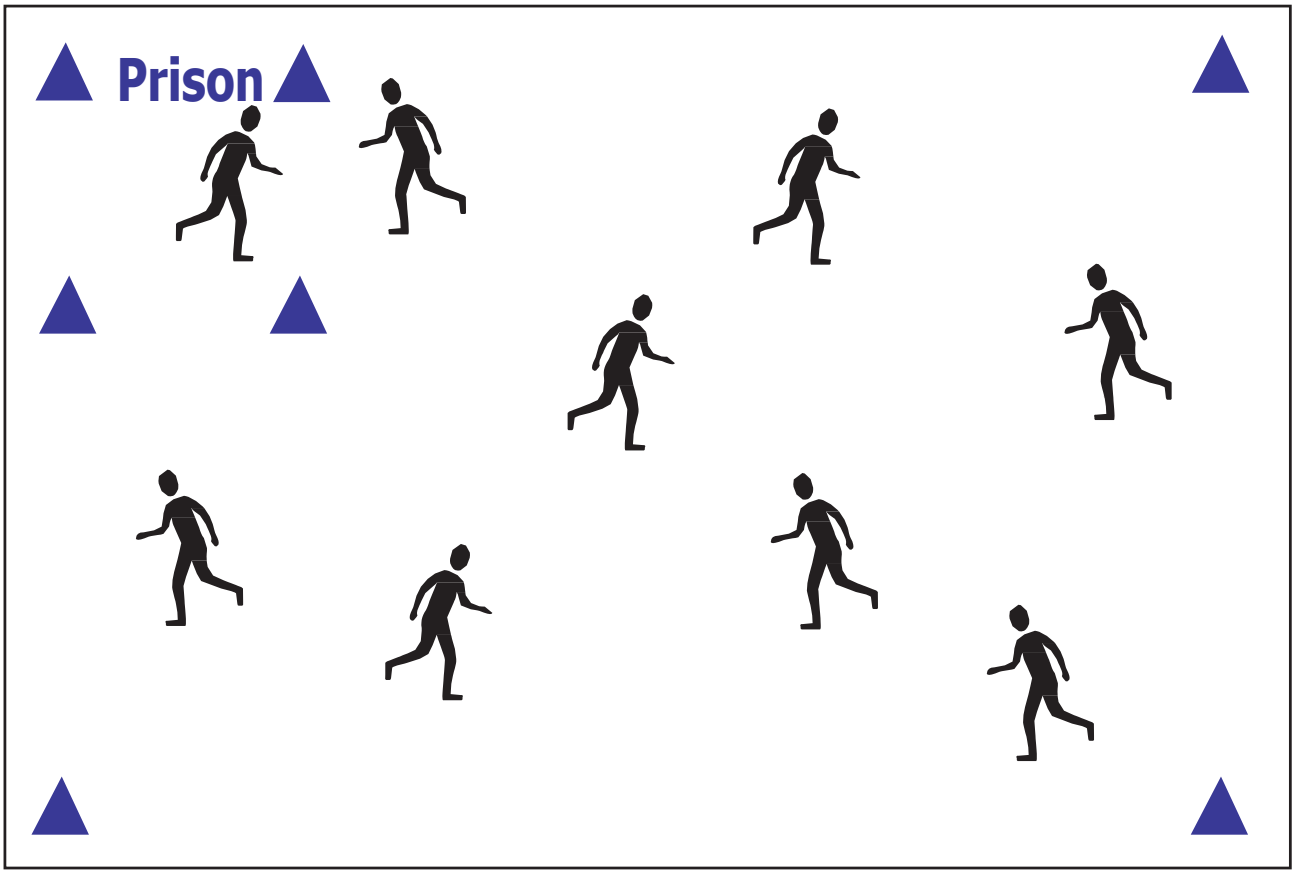
Release Tag

General body warm up.

Ground markers.

Create a square playing area with ground markers. Select one or more "taggers".

During this game, if "tagged", a player must go to "prison" - a designated area of the playing field - if tagged. They can be released from prison and back into the game, if touched by another player.



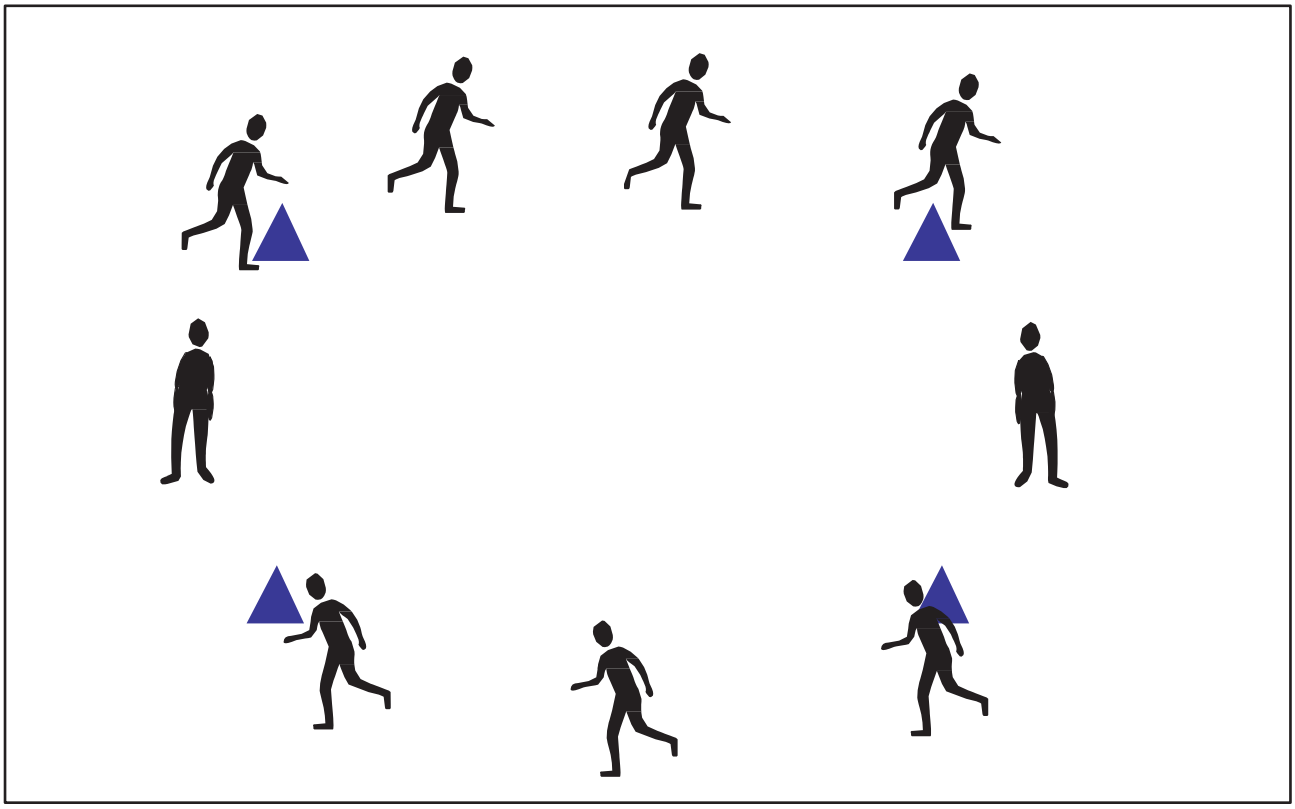
Whistle Command

General body warm up.

Ground markers, whistle.

Create a square playing area with ground markers. Players spread out around the perimeter.

Players jog around the outside of the area, all moving in the same direction. One blow of the leader's whistle = perform an exercise selected by the leader (eg. 3 sit ups); two blows of the whistle = perform a different exercise selected by the leader (eg. 3 tuck jumps); three blows of the whistle = change running direction. Play for designated time. Players may also skip, hop, etc. around playing area.



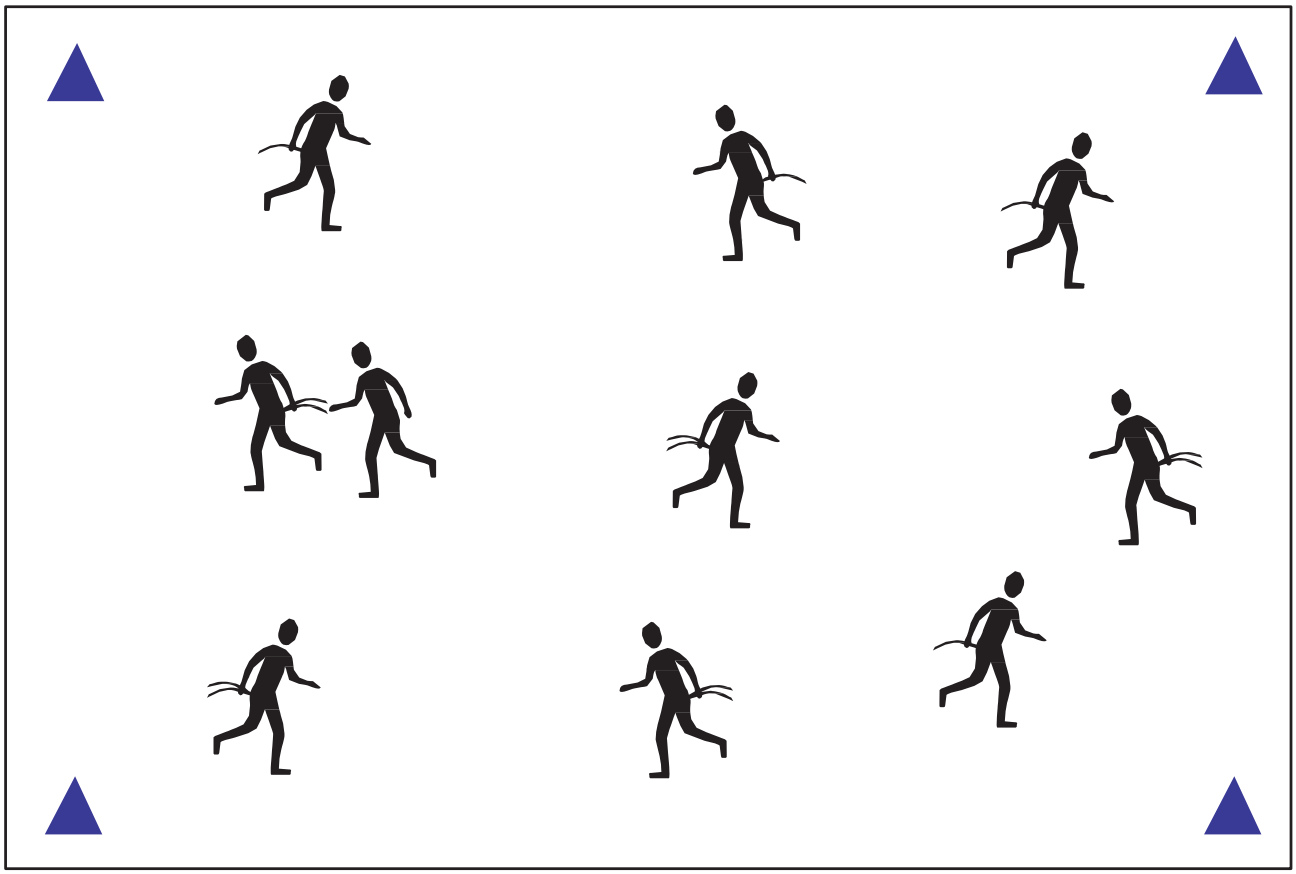
Catch the Tail

General body warm up.

Ground markers, ribbons - at least one for each player.

Create a square playing area with ground markers. Players wear one or more "tails" (ie. ribbons tucked into back of shorts) and spread out within the playing area.

Players move about inside the playing area, attempting to take other player's tails, while protecting their own. Players may only take one of another player's tails at a time. Players cannot protect their own tails by holding them.



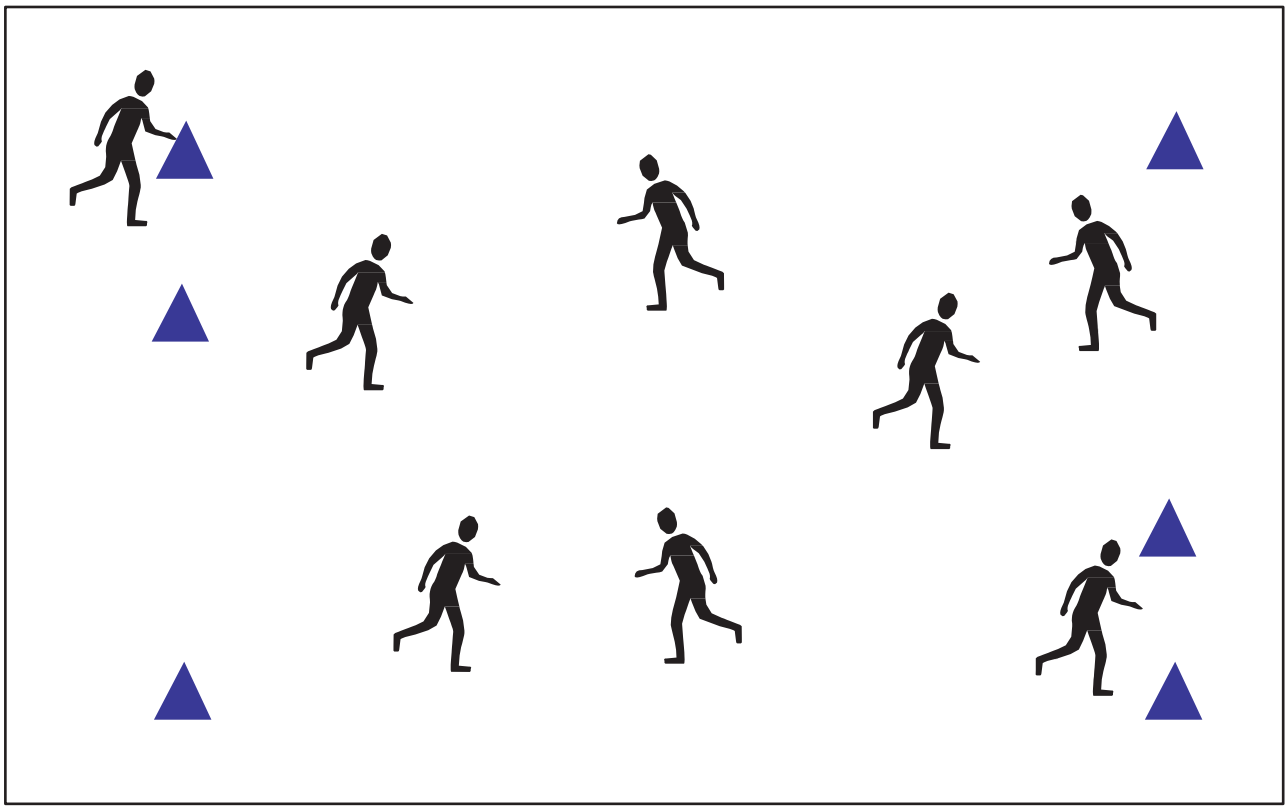
Out The Gate

General body warm up.

Ground markers.

Create a large square playing area with ground markers. Form two "gates", marked on opposite corners of the playing area. Choose one or more taggers. Players scatter inside the playing area.

If a player is tagged by a tagger, they must run out the closest "gate" and re-enter the game by running back in the gate on the opposite corner of the playing area. Play game for designated time.



Command

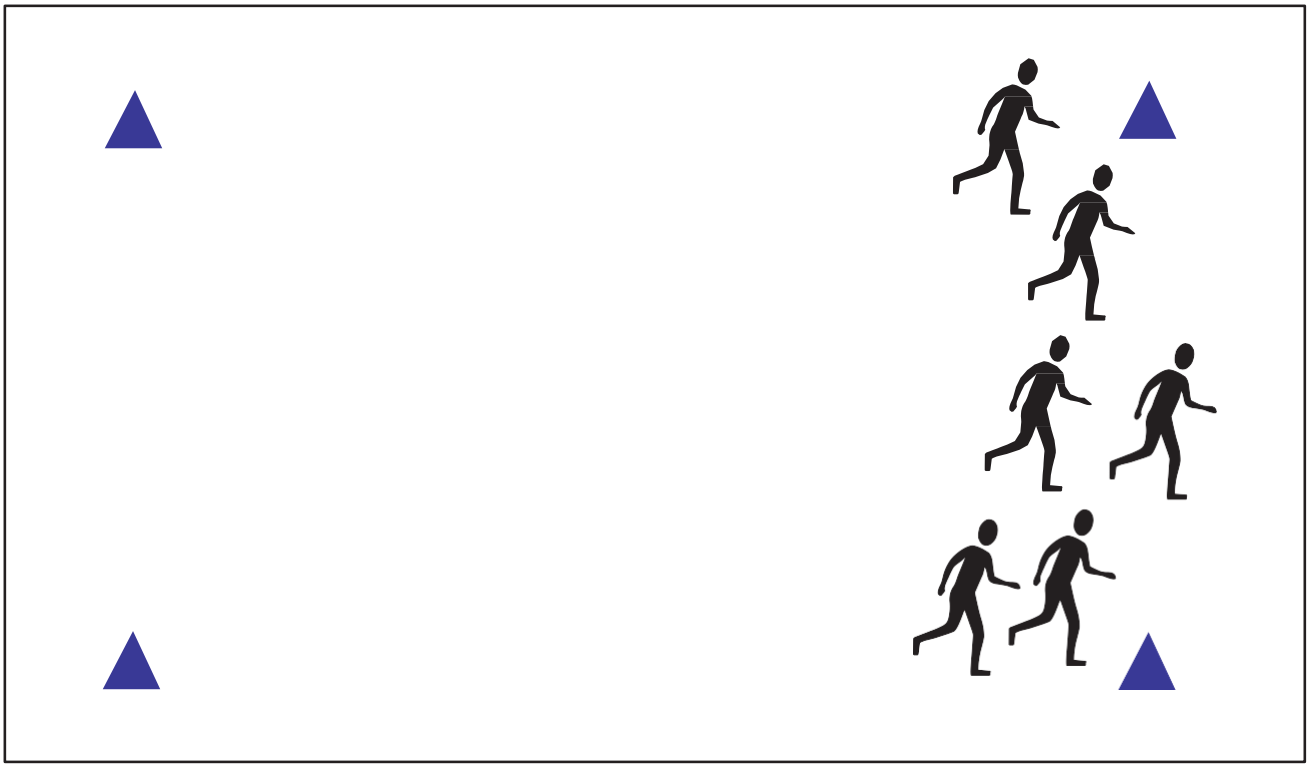
General body warm up.

Ground markers.

Create a square playing area with ground markers. Players scatter within the playing area.

This game is based on the traditional game of "shipwreck" however relates to athletics. The leader gives various commands and the players must quickly respond within the playing area. Commands and the required actions can include:

"Front Straight"	Players run to one side of the playing area.
"Back Straight"	As above.
"Start Line"	As above.
"Finish Line"	As above.
"On Your Marks"	Players assume an "on your marks" position.
"Warm Up"	Players perform a stretching exercise.
"Personal Best"	Players jump up and down.



Individual/Partner/Small Group Warm Up Activities

- The following activities are ideal to use during a warm up, just following the introductory group game. They require minimal equipment and are quick to organise and explain. No only are they fun and challenging, they assist in the development of basic strength, balance and agility, and require pair and group co-operation to be successful.

Some tips: -

- In all partner and small group activities, emphasise safety and playing sensibly. State that it is a person's responsibility to ensure their partner's safety by avoiding over-aggressive or over-enthusiastic behaviour in some activites.

In an activity requiring the use of strength or body weight against a partner, attempt to match pairs with similar height and body weight.

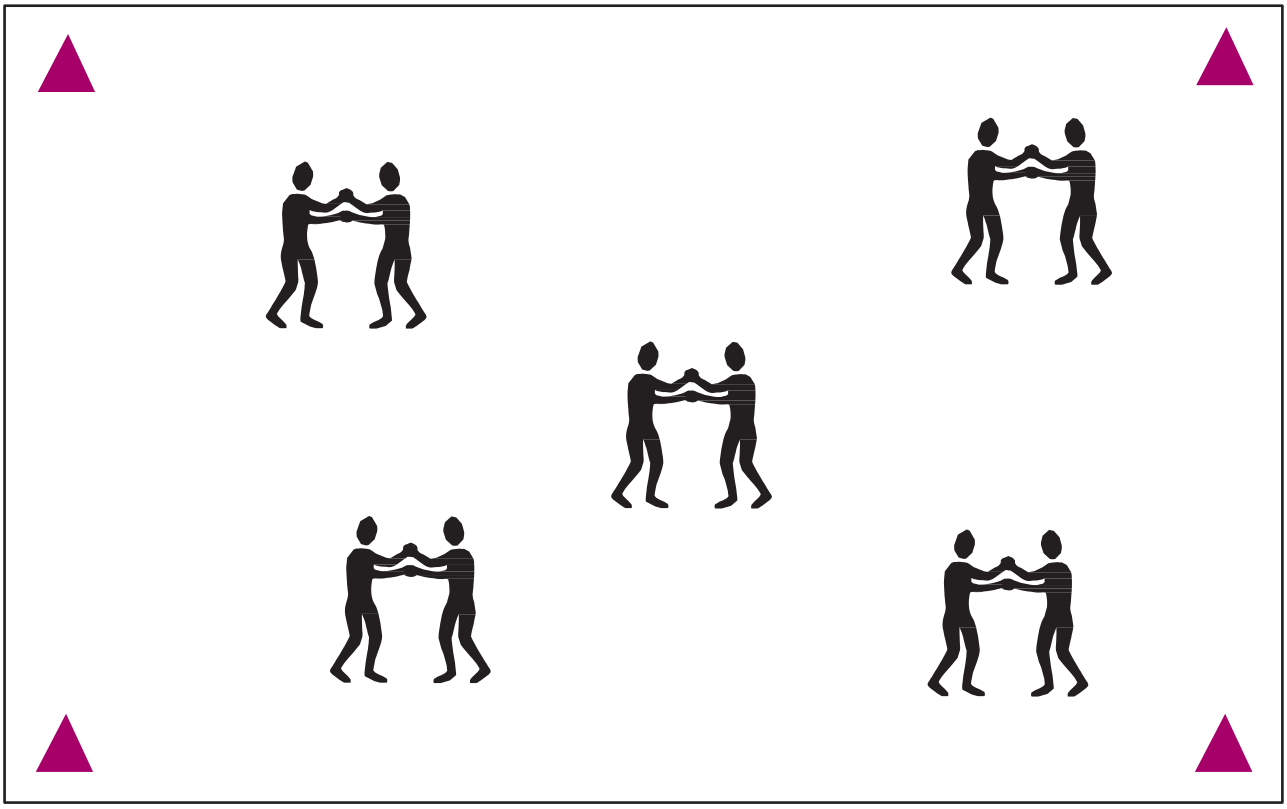
Wrist Wrestle

Upper body warm up; upper body strength.

Whistle.

Pairs facing each other. Person A holds up their hands in front of them; Person B takes hold of Person A's wrists.

On the command "Ready . . . Go!"; Person A must attempt to tag Person B's shoulders while Person B attempts to prevent this. A blow from the leader's whistle signals the end of the activity. Swap roles.



This game should only be played in short bursts.

- Ask participants to remove watches, bracelets, etc.
- Players are not permitted to break each other's grip.
- Emphasise safety and playing sensibly.
- Players should be roughly matched by size and weight.

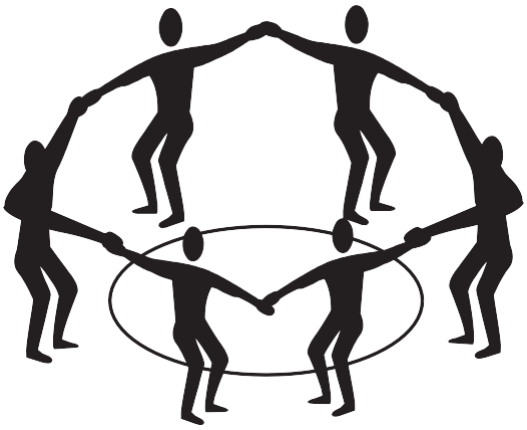
Poison Hoop

General body warm up, strength, balance.

One hoop for every 3-6 players.

Groups of 3-6 players form a circle around a hoop placed on the ground, by linking hands.

Keeping hands linked, players must avoid stepping on or in the hoop while attempting to cause other players to do so. Players are allowed to move around the hoop and use gentle pushing and dragging actions.



Emphasise safety and sensible play.

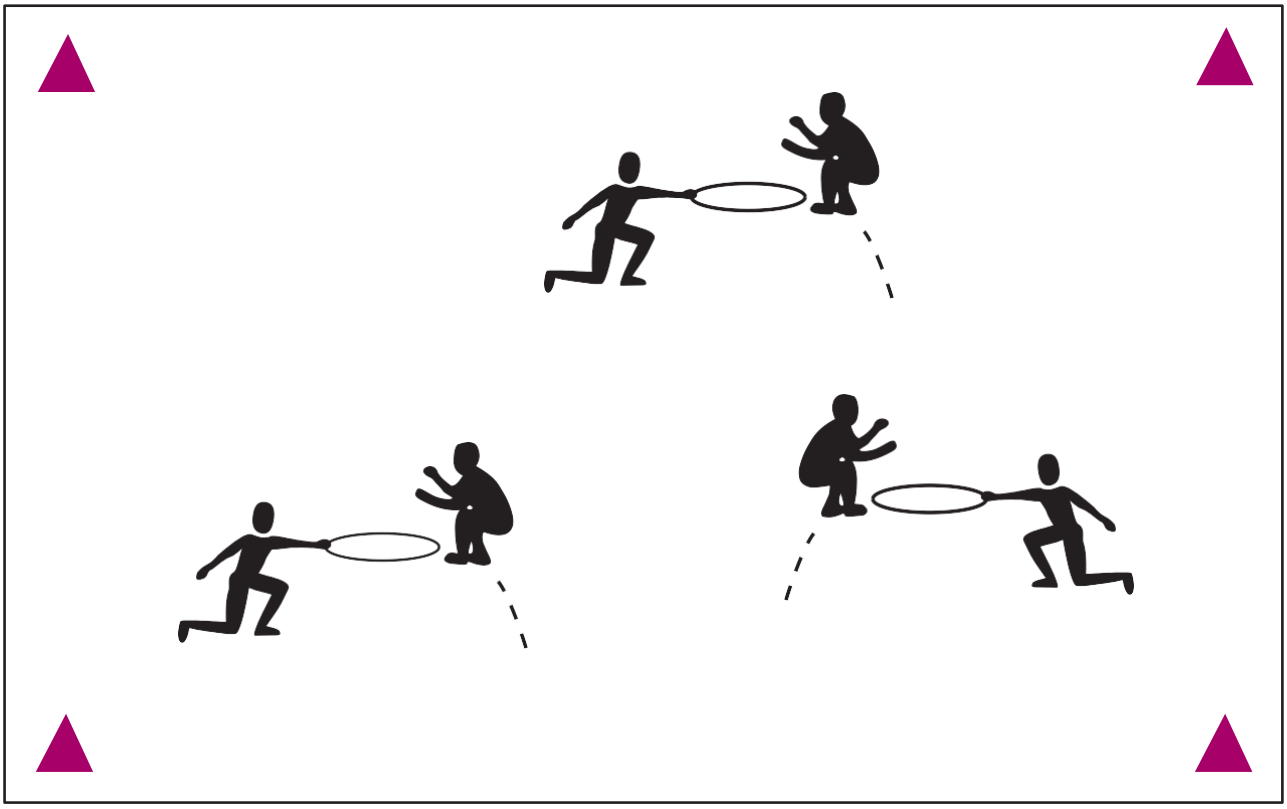
Hoop Jump

General body warm up; improve vertical jumping ability.

One hoop for each pair.

Form pairs. Person A holds a hoop out at arm's length just above the ground level. Person B stands next to the hoop.

Person B attempts to jump into, then out of the hoop. Person A slightly raises the hoop with each successive jump. After a few repetitions, swap roles.



- The hoop should not be raised beyond a player's jumping ability and should go no higher than knee height.
- The player holding the hoop is strictly not allowed to move the hoop as their partner is jumping.

No Hands Stand

Co-ordination, balance, strength.

Nil.

Players scattered within playing area.

Players sit on the ground cross-legged, arms folded. On a signal from the leader, they attempt to stand up while keeping their arms folded. Repeat.

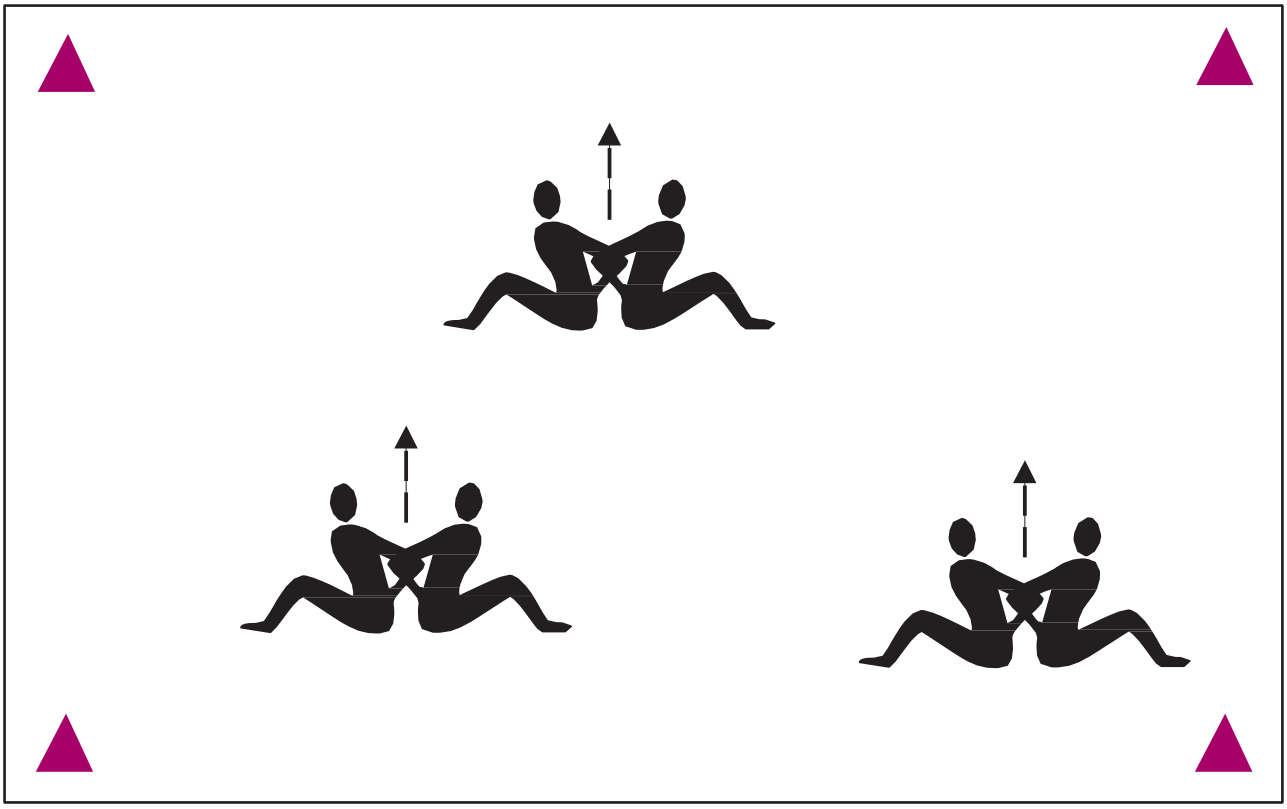
Back to Back Stand

Strength, co-ordination, balance.

Nil.

Players in pairs scattered around the playing area. Pairs sit on the ground, back to back, with arms linked.

On the signal from the leader, each pair attempts to stand up without using their hands, and keeping their arms linked.



- Players should be roughly matched by size and weight.

ALTERNATIVE:

- The above may be attempted with pairs beginning in a sitting position, facing each other, with hands linked.
- Attempt in groups of 3-6.

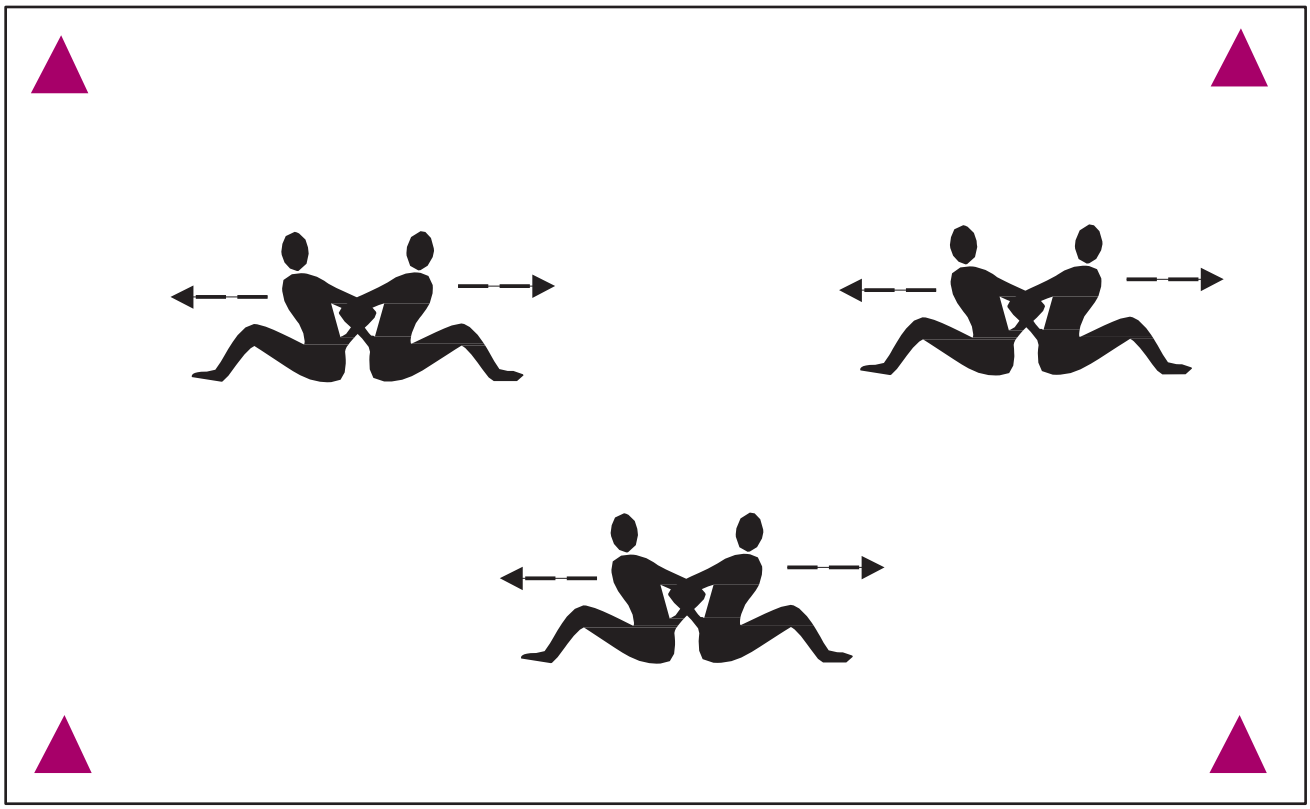
Back to Back Push

Strength.

Ground markers.

In pairs, players sit on the ground, back to back, with arms linked.

Keeping their backside in contact with the ground, players attempt to push backwards against their partner and move them towards a designated point.



- Players should be roughly matched by size and weight.
- Emphasise safety and playing sensibly.

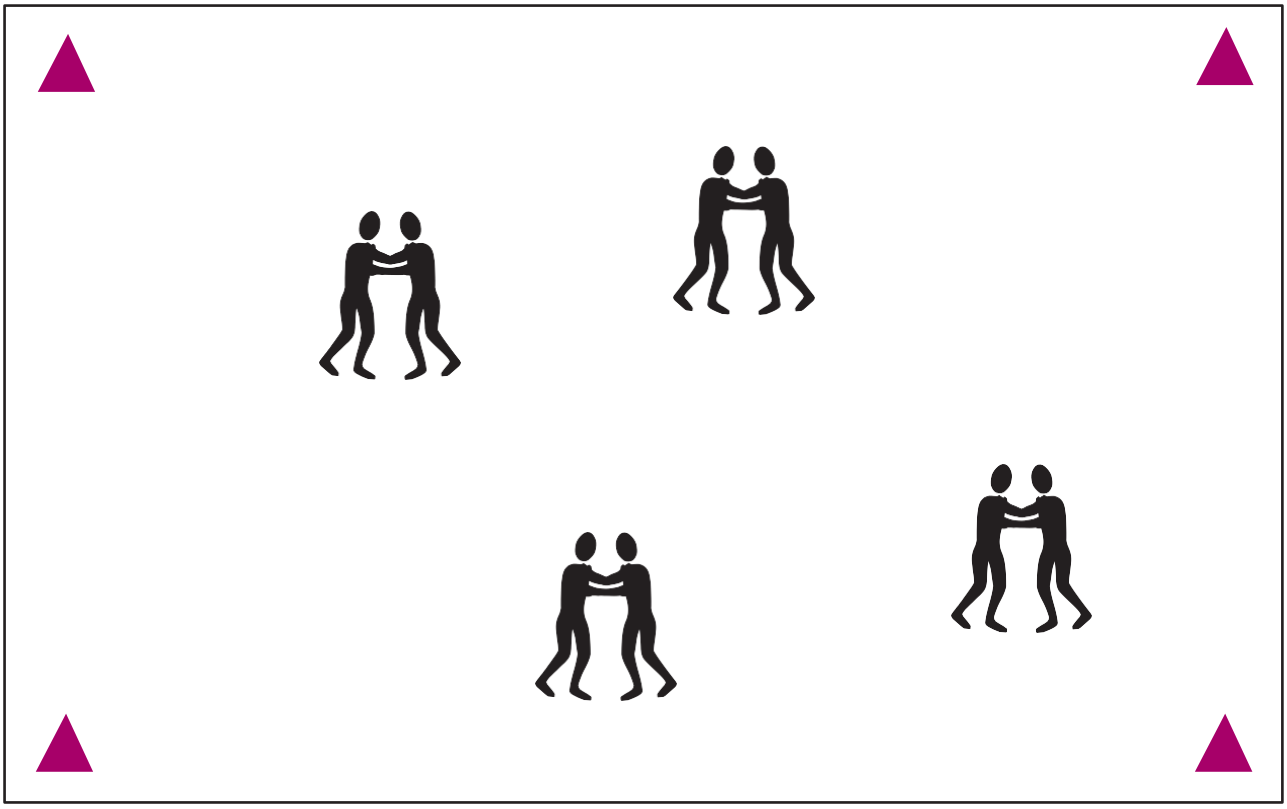
Partner Push

Warm up, strength, balance.

Ground markers.

In pairs, players face each other in two lines, their hands on their partner's shoulders and legs braced.

On command, they attempt to gently push each other backwards towards a designated point.



- Players should be roughly matched by size and weight.
- Emphasise safety and playing sensibly.
- Warn the players not to suddenly step away from the activity, causing their partner to fall.

  ALTERNATIVE:
- Pairs may also push shoulder to shoulder.

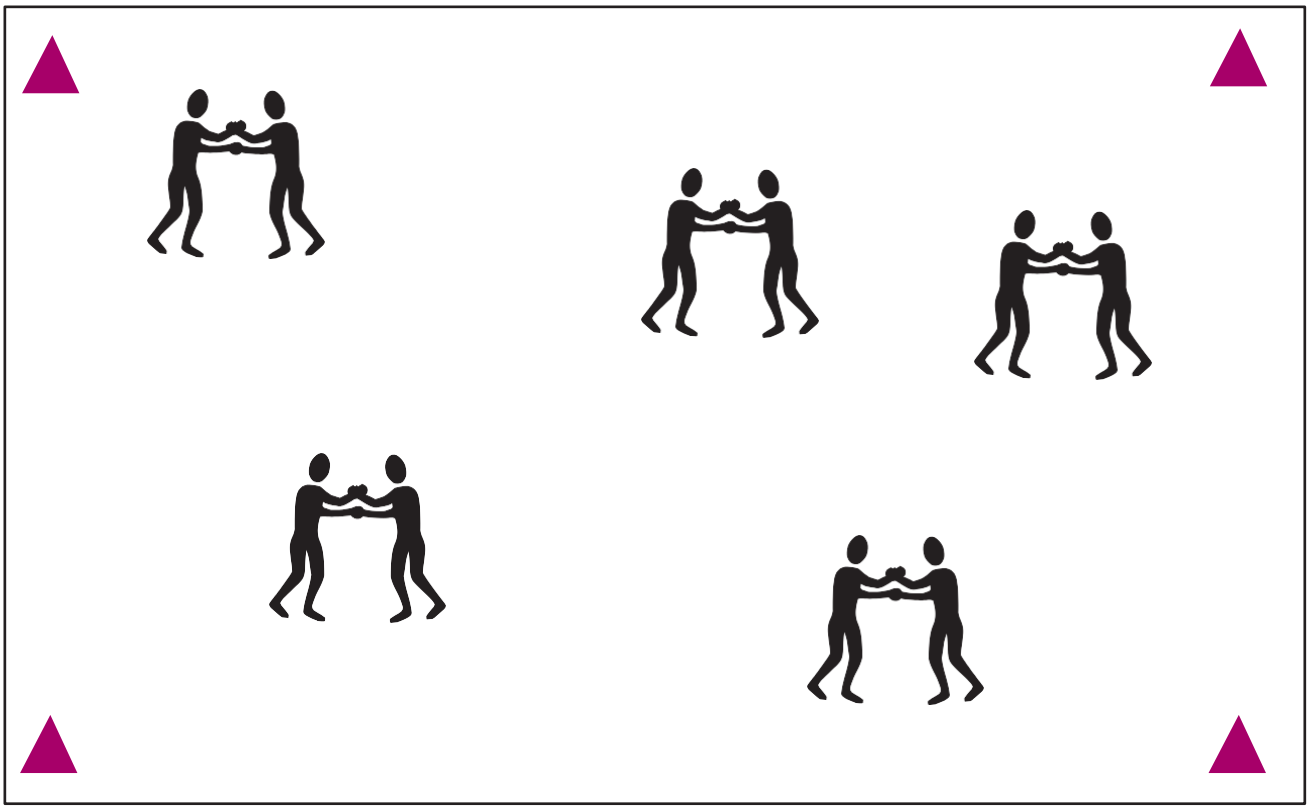
Partner Tug of War

Warm up, strength, balance.

Ground markers.

In pairs, players face each other in two lines, gripping each other's wrists, legs braced.

On command, each player attempts to gently pull their partner back towards a designated point.



- Players should be roughly matched by size and weight.
- Players must be warned not to suddenly let go of their partner's wrists, causing them to fall.
- Emphasise safety and playing sensibly.

Group Sit Up

Warm up, strength, group co-operation.

Nil.

Players sit in one straight line, side by side, arms linked, all facing in the same direction.

On command, and all together, the group must attempt to perform a sit up, keeping their arms linked. This can be repeated a number of times to the leader's commands of "Up . . . down . . . up . . . down" etc.

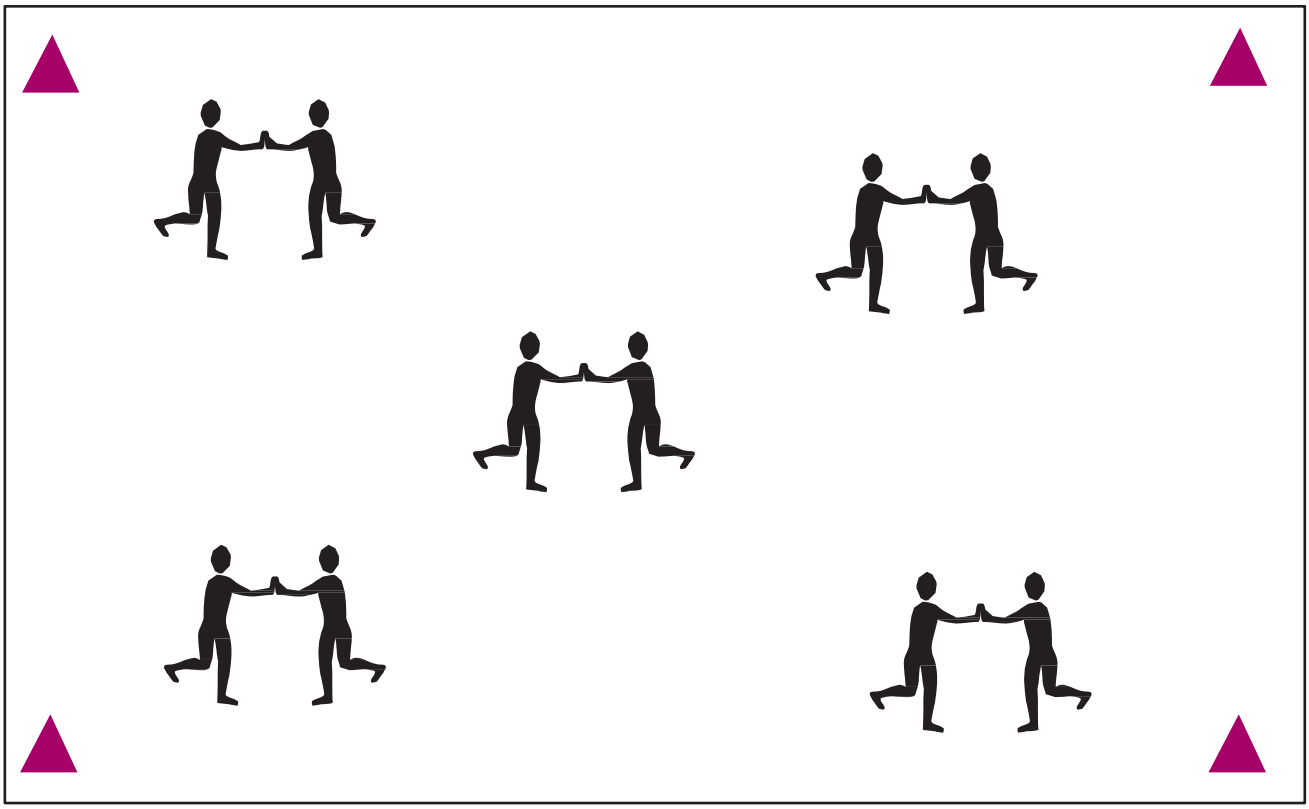
Partner Unbalance

Warm up, strength, balance.

Nil.

In pairs, players face each other, balancing on one leg, the palm of their hand placed against their partner's palm.

On command, players attempt to unbalance each other by using gentle pushing movements. Players may hop side to side or forwards and backwards while doing this.



- Emphasise safety and playing sensibly.

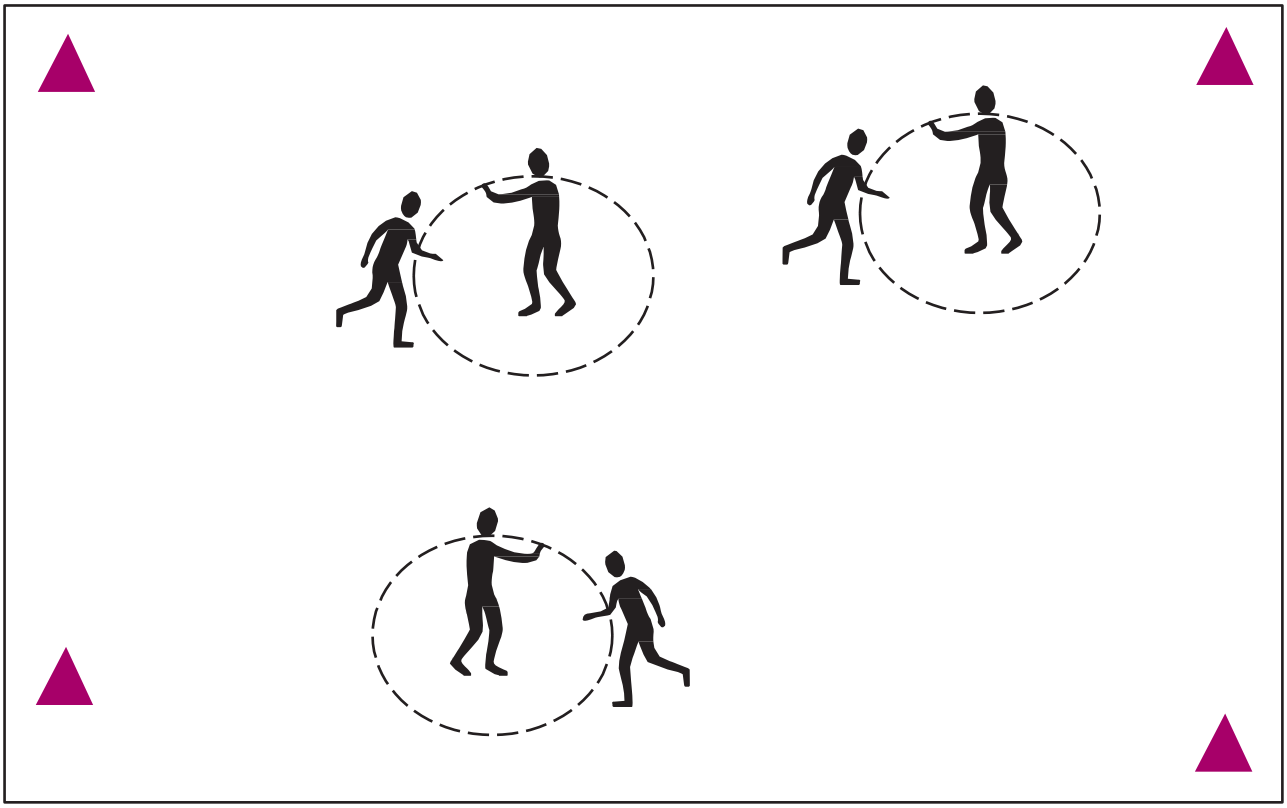
Circle Slap

Warm up, agility.

Nil.

Players in pairs, scattered in the playing area.

Person A stands still with their hand held up, palm facing outwards. Person B must gently slap Person A's hand and then run a circle around them before they slap the hand again and run back around in the opposite direction. Repeat for a pre-determined number of repetitions that players attempt to complete as quickly as possible. Reverse roles.



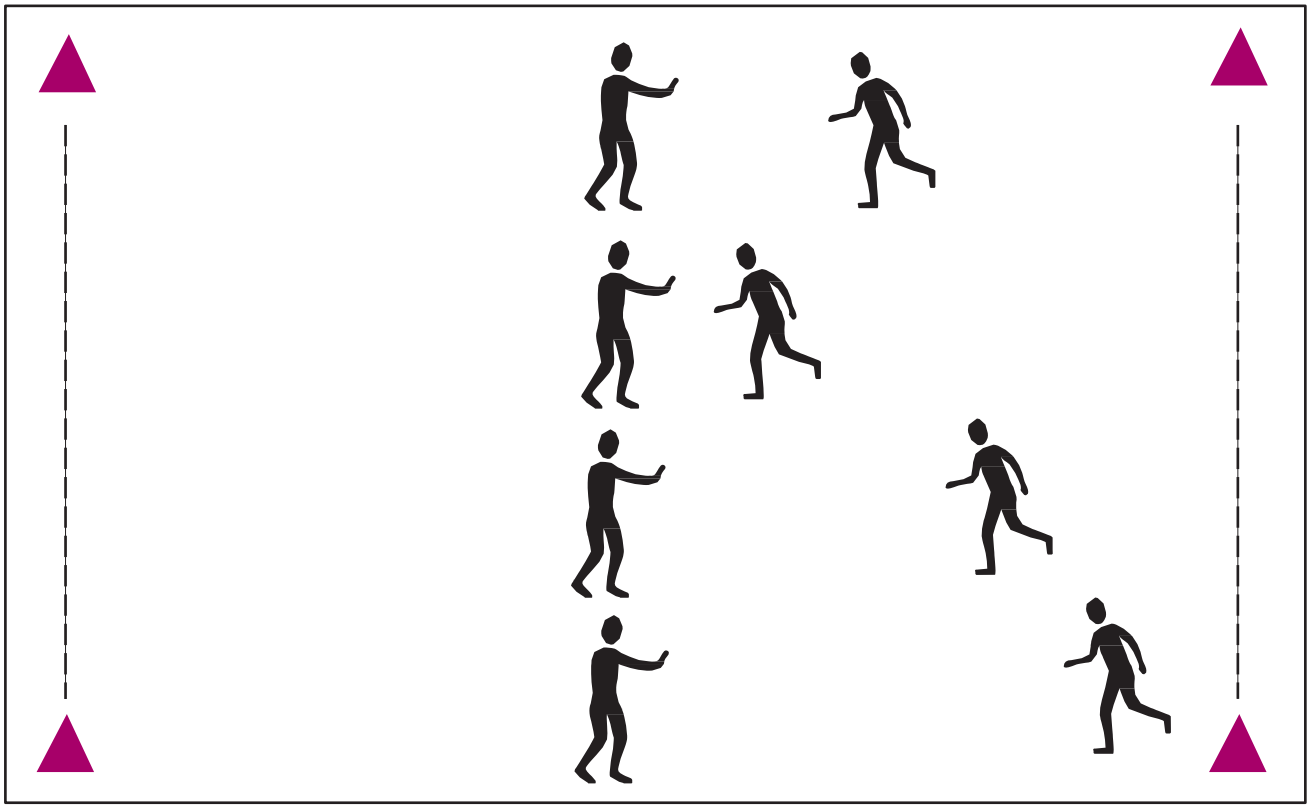
Partner Tag and Run

Warm up, agility.

Ground markers.

In pairs, players face each other along two lines in the centre of the playing area. Ensure that there is sufficient space between pairs. All players stand with one hand up in front of them, their palm facing their partner.

On command, Persons A tags Person B's hand, turns and runs to the boundary of the playing area (approx. 10 - 15m) then returns again to tag Person B's hand, who does the same. Continue for a predetermined number of repetitions. May be a competition between pairs.



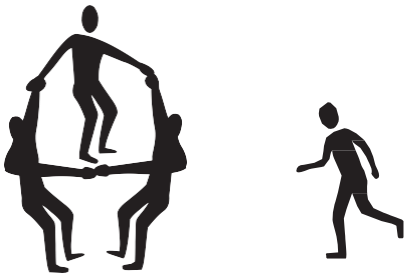
Odd One Out

Warm up, agility.

Nil.

In groups of four, three players link hands, forming a circle. The other player remains outside the circle.

On command, the player outside the circle must attempt to tag a predetermined player in the circle. The players in the circle try to prevent this from happening by moving around while keeping hands linked, and protecting the selected player.



Running, Hurdling, Relay and Race Walking Games

There is more to practicing for the track events than simply performing repetitions of the skills involved. Make your teaching of the track events fun, exciting and interesting by using the following games.

Some tips:-

- During all hurdle games, ensure that players hurdle obstacles from the correct direction.
- Ensure that the hurdles used are the correct height for the relevant age group.
- With all running games, allow enough space between runners to reduce the chance of collisions.
- Never use a wall or fence as a boundary.
- The ideal distance for young people to run fast during running and relay games is from 5m to 30m. Distances of up to 50m can be introduced as they advance in age and ability.

GAMES FOR SPRINTING

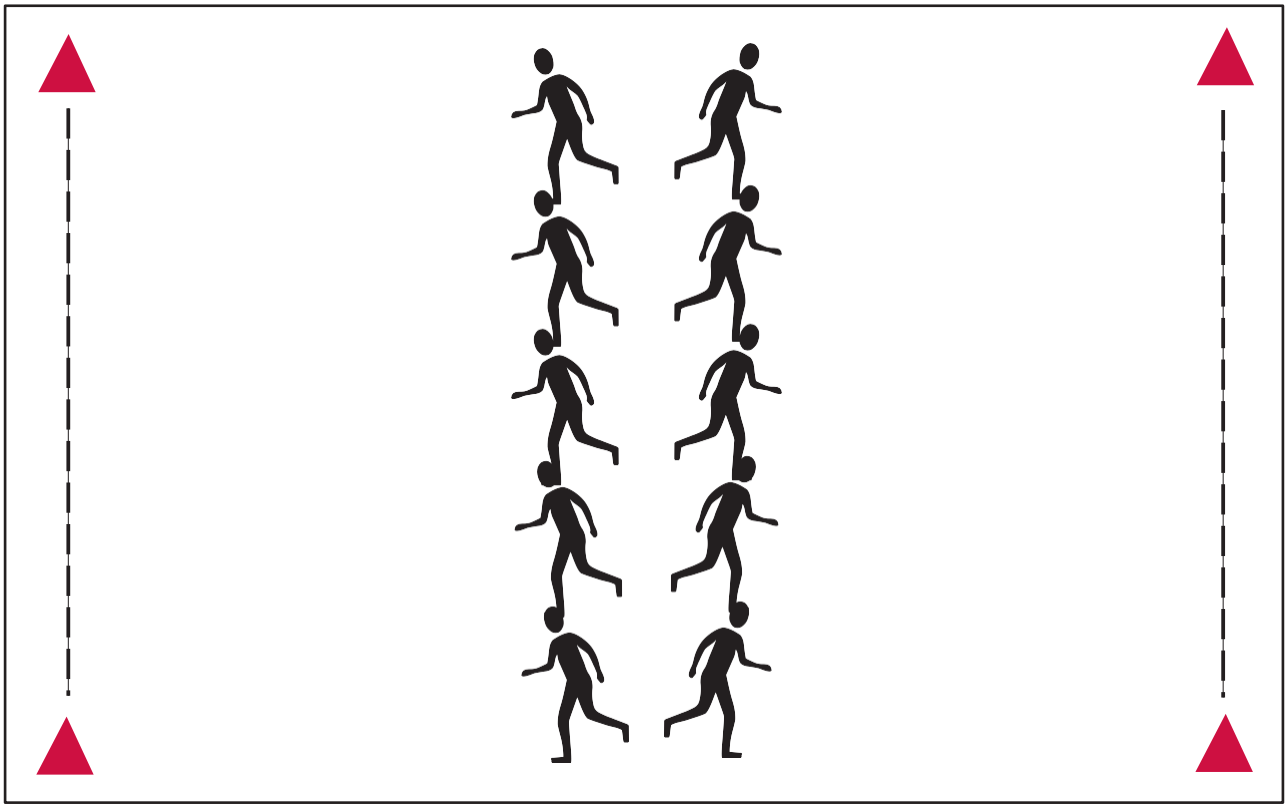
Crows and Cranes

Develop running, acceleration and starting technique.

Ground markers.

Players line up in two opposing teams, facing away from each other. One team is named the "Crows", the other is named the "Cranes".

Standing at the head of both lines, the leader calls "On your marks . . . Set . . ." and then either "Crows" or "Cranes". The team whose name that the leader calls must race to a designated line. The other team must freeze in the "set" position. The teams then return to their original starting positions to play again. Various starting positions such as sitting, and lying in a prone position may be used in order to introduce more of an emphasis on agility.



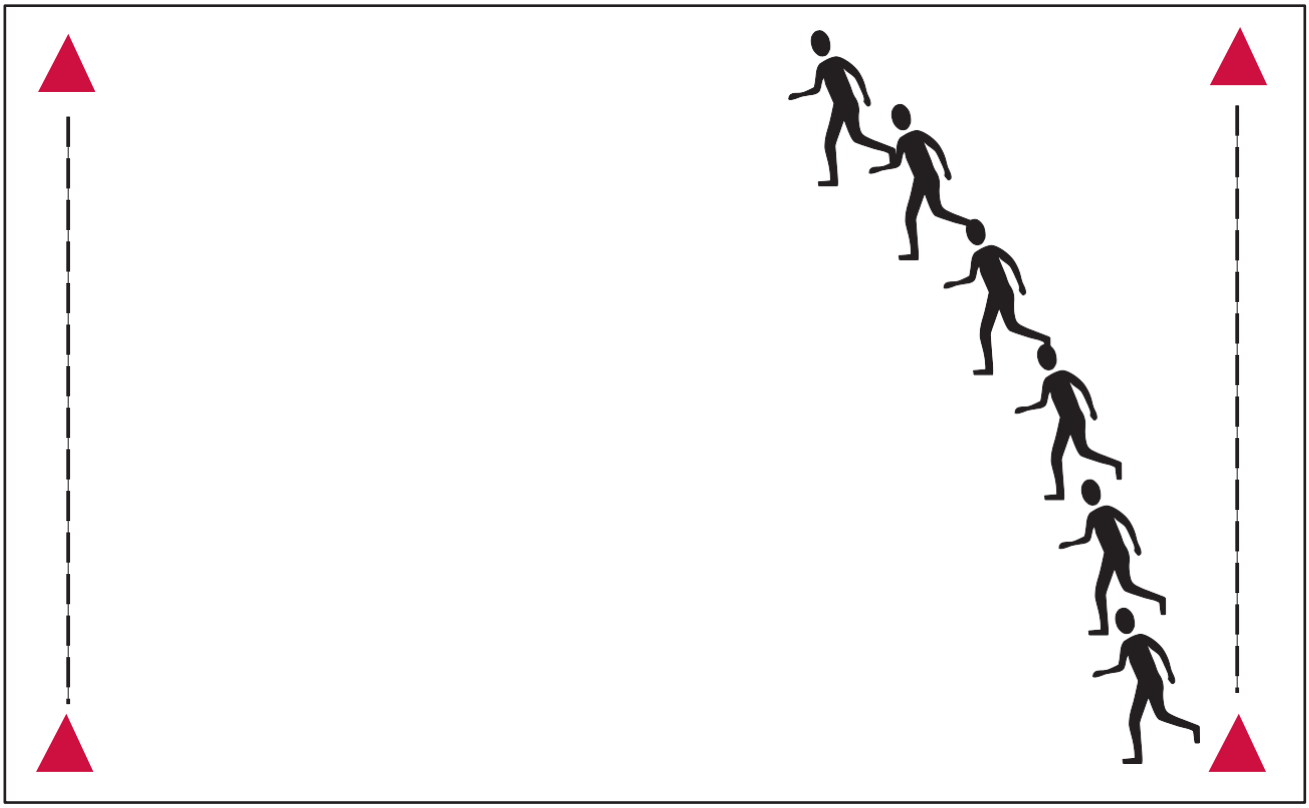
Dominoes

Develop running, acceleration and starting skills.

Ground markers.

Players arrange themselves in a straight line, all facing in the same direction towards a designated "finish line".

Standing at the head of the line, the leader calls "On your marks . . . Set . . ." but does not call "Go!". Instead, they tap the player closest to them on the elbow or shoulder as a signal for this player to begin running to the finish line. Each player is then not allowed to begin running until the player immediately before them in line has done so. This creates a domino effect. The game can be made competitive by asking players to attempt to pass the person who started immediately before them.



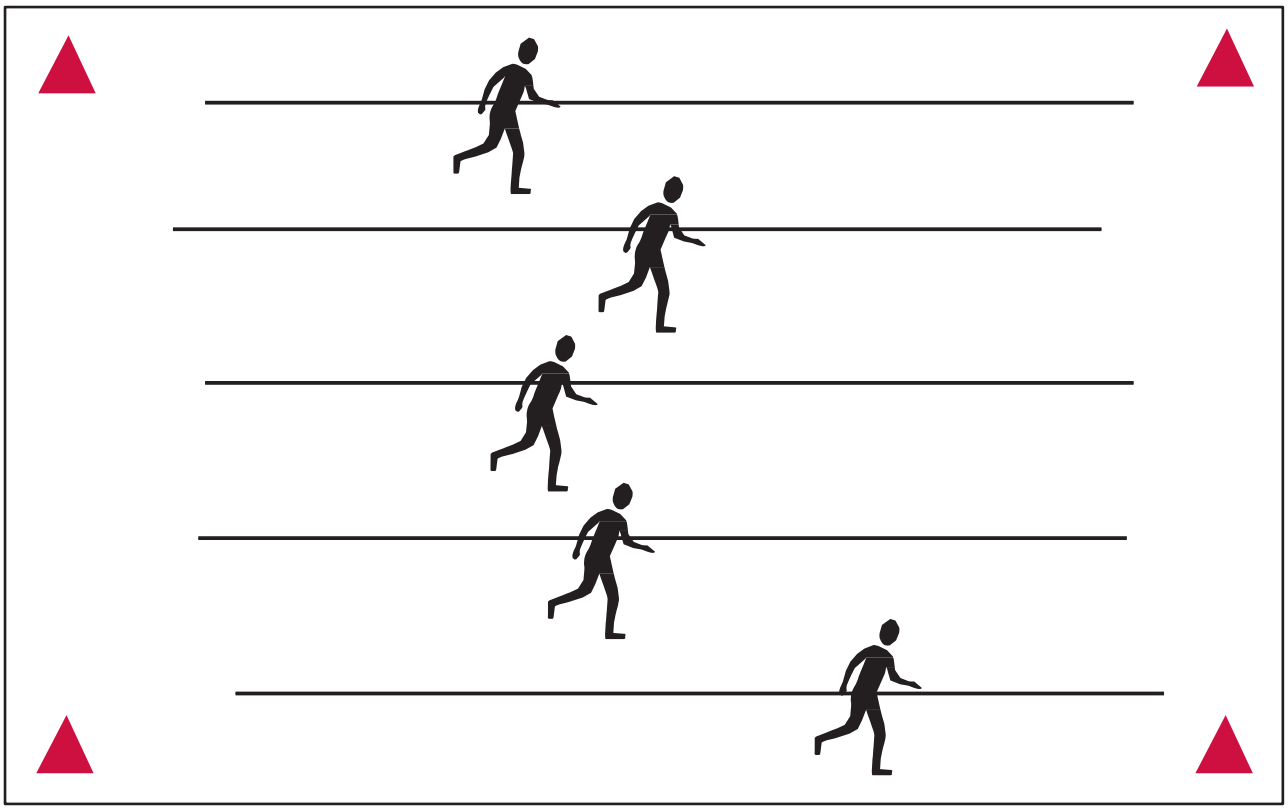
World Record

Speed and acceleration development.

Stopwatch, whistle.

Players line up at the start of a 100m track.

On command, the players run as fast as they can down a 100m track. At the time that the starting command is given, the leader activates the stopwatch. When the time on the stopwatch reaches the current men's or women's world record, the leader blows their whistle. At this signal, the players note how far down the track they would be in comparison to the current world record holder. This activity can be done for most track events.



- Ask the players NOT to suddenly pull up on the whistle as this may lead to injury.

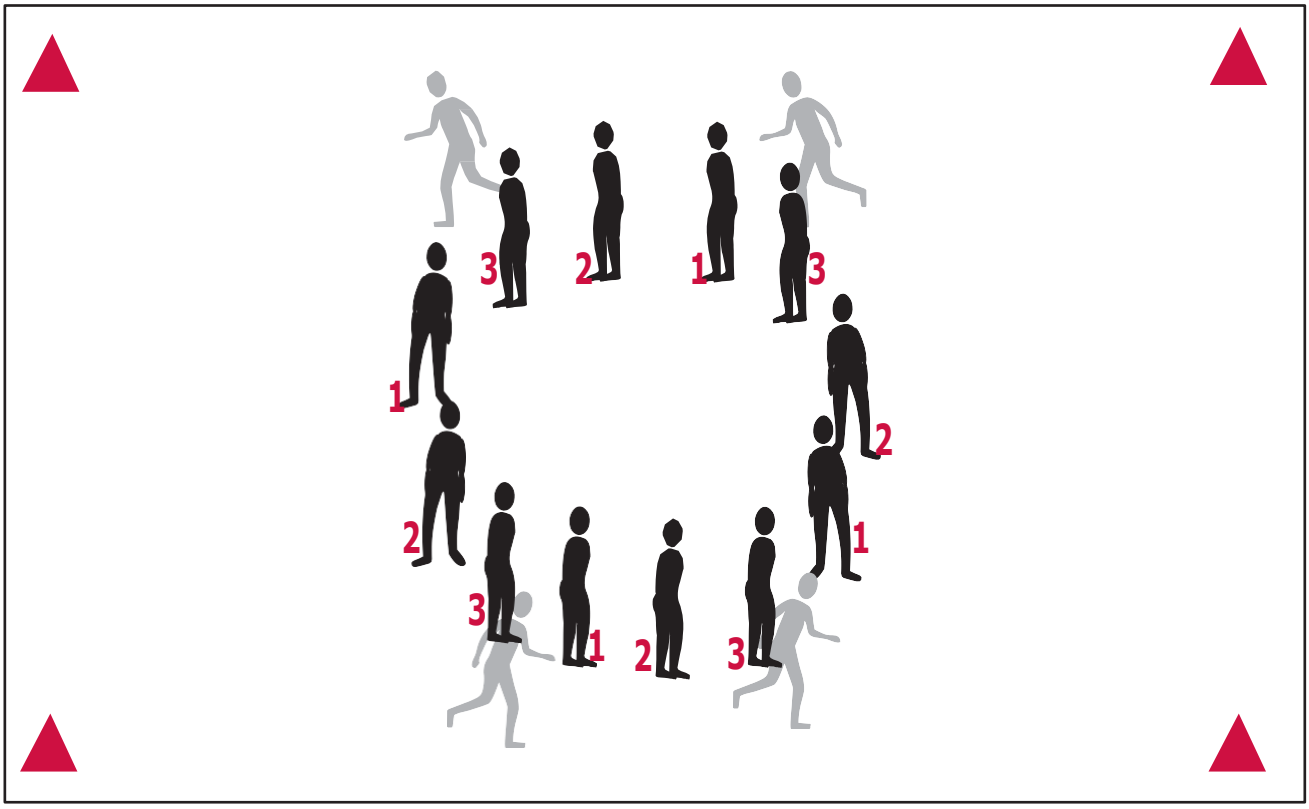
Circle Chase

Running development.

Nil.

Players form a large circle, facing in an anti-clockwise direction. Each is given a number "1" or "2" or "3".

The leader calls "On your marks . . . Set . . . " and then one of the above numbers. Players of this number must sprint around the outside of the circle and back to their place again. Players attempt to be the first back to their place.



- Ask the players to only overtake other runners by passing them on their outside.
- Players not running MUST NOT interfere with the runners as they go by.
- Players must all run in the same direction around the outside of the circle.

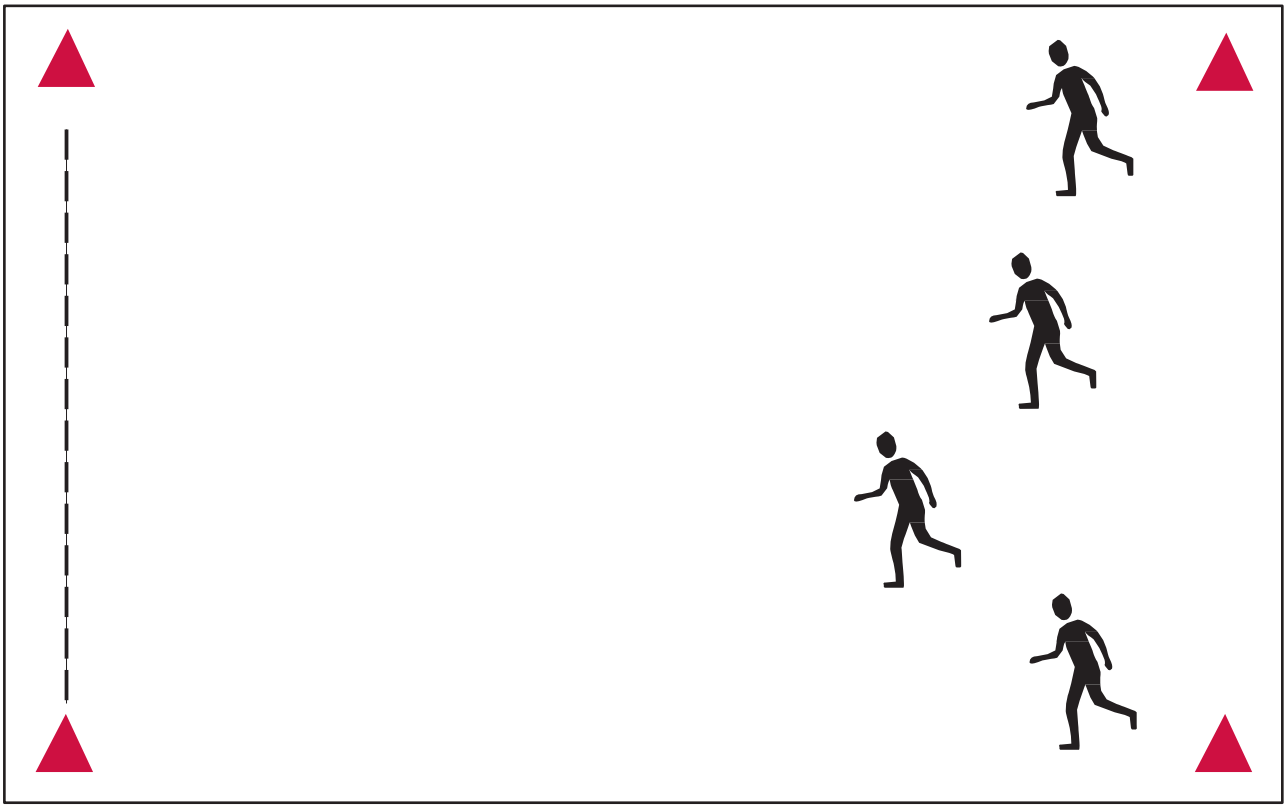
Handicap Sprints

Running development.

Ground markers, ribbons, stopwatch.

Players to line up on a straight track, each holding a ribbon.

One at a time, or in groups, players sprint as far as they can down the track in a certain time. Eg. Ten seconds. When the time on the stopwatch reaches the designated time, the leader blows their whistle. At this signal, all runners immediately drop their ribbon, marking the spot they reached. After a short recovery, the groups then race back over this distance to the starting line.



ALTERNATIVE: Leaving their ribbons on the ground, players walk back to the starting line, then attempt to run further the next time (ie. past their ribbon). A team element can be introduced by forming teams and having each consecutive player begin from the point where the previous player dropped the ribbon. See how far the team can get down the track.

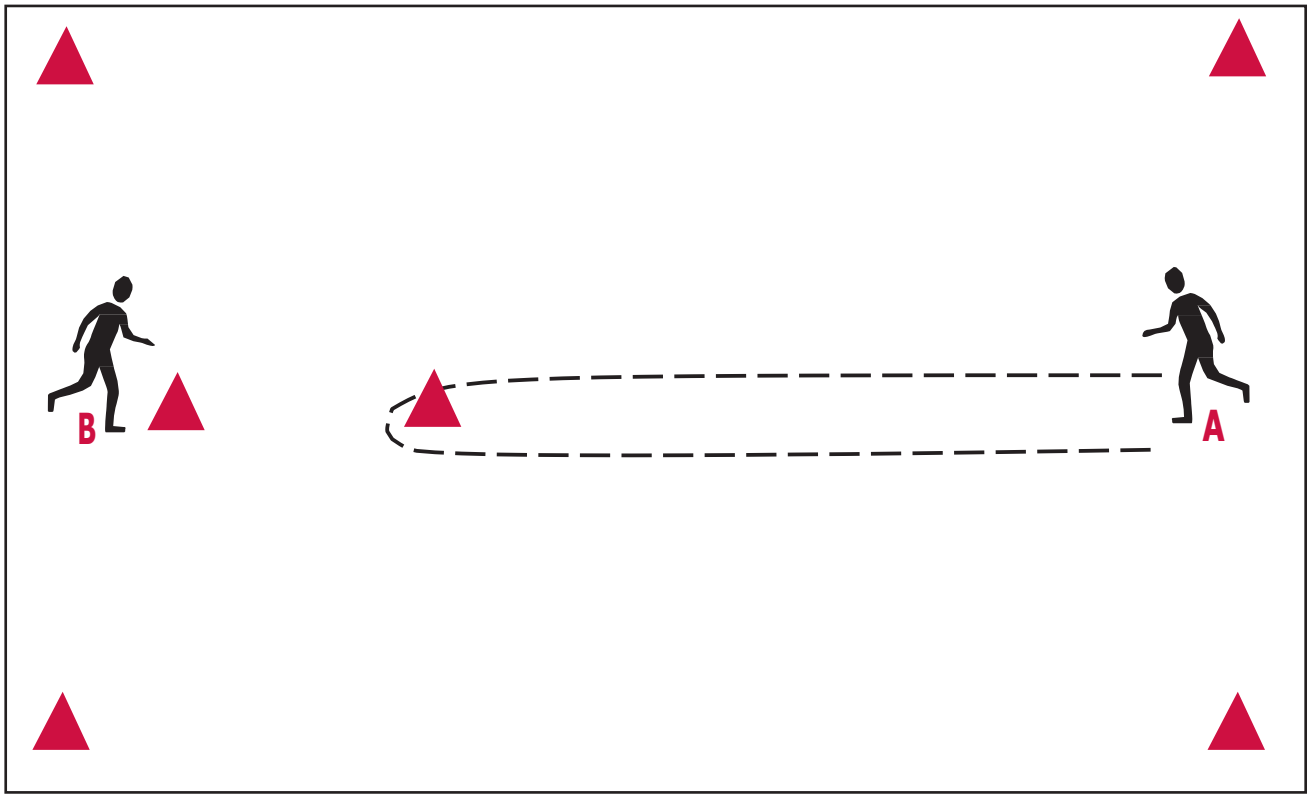
Touch and Go

Acceleration development.

Ground markers.

Players form pairs and face each other 20-30 metres apart.

Person A jogs towards Person B. On reaching a predetermined marker a few metres in front of Person B, Person A must pivot and sprint back past where they started. At the same time, Person B must chase them and attempt to pass Person A before they get back to the starting line.



GAMES FOR HURDLING

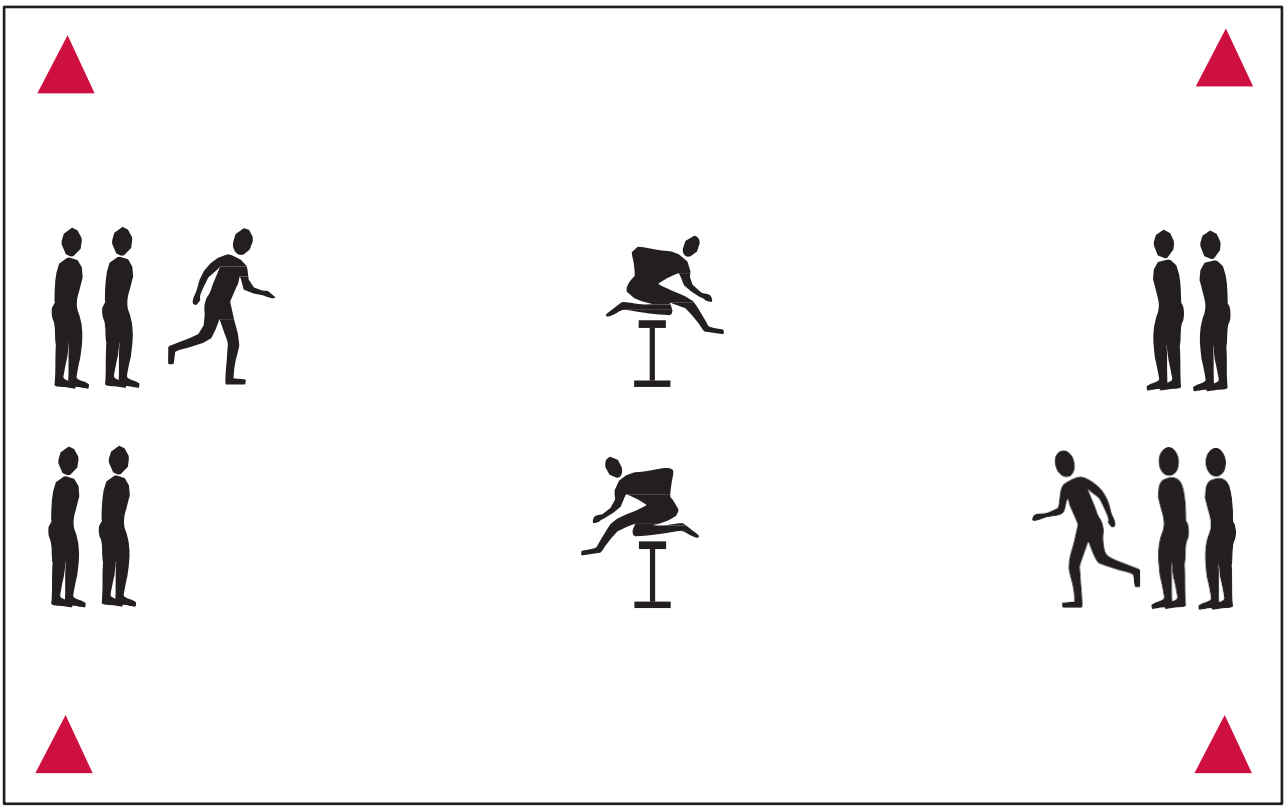
Jump the Obstacle Relay

Hurdling development.

Ground markers, low obstacles, relay batons.

Traditional shuttle relay formation with one or more obstacles on the track in front of the teams.

Conducted as per a traditional shuttle relay, players must hurdle or leap over the obstacle/s that are placed between the two teams. Obstacles can be placed at correct hurdle distances, to encourage a three-stride rhythm, or at random spacing.



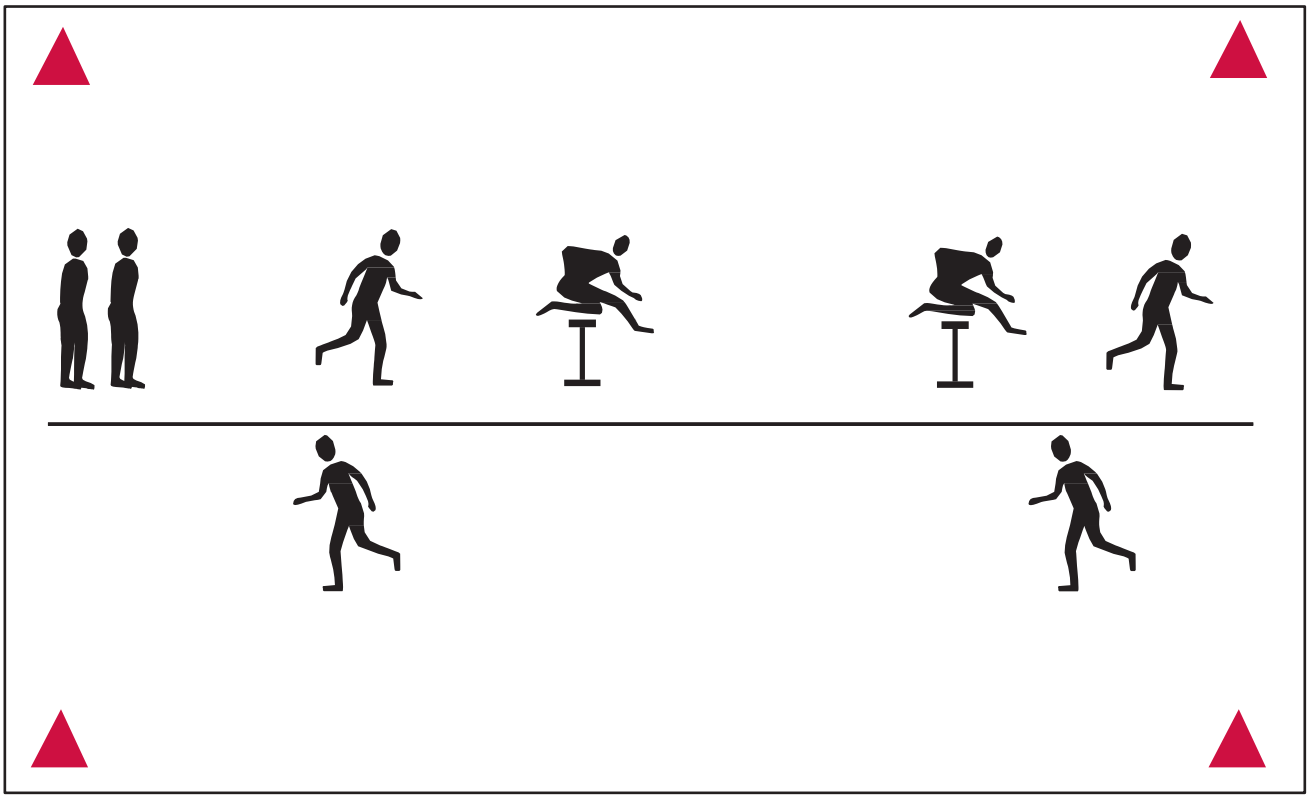
Hurdle Shuttle Relay

Hurdling development.

Ground markers, hurdles.

Traditional shuttle relay formation, however each team occupies two lanes. Each team has a flat and a hurdle track.

Conducted in a similar way to a shuttle relay, each player must run once over the hurdles and once on the flat track.



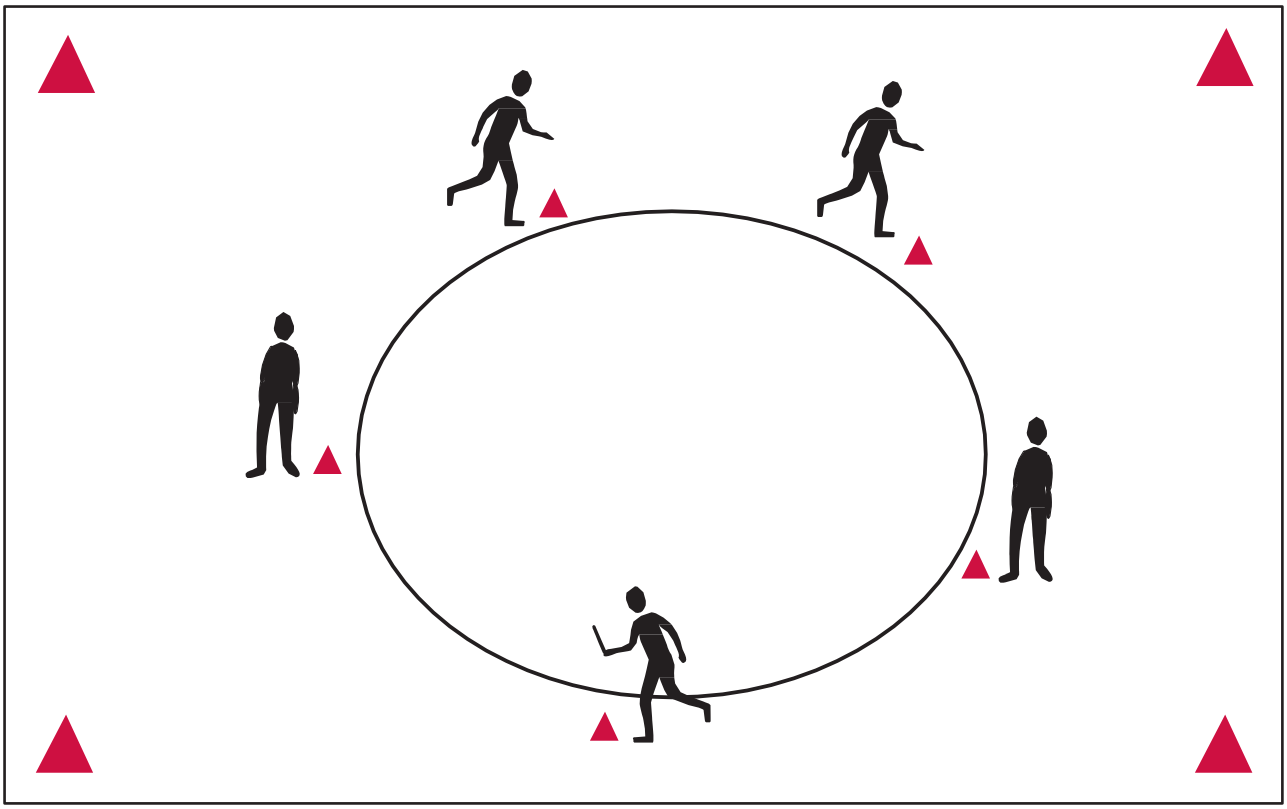
Beat the 4 Minute Mile

Running development.

Ground markers, relay batons.

Players are placed at various points around a track or oval. The first runner carries a baton.

The first runner caries the baton, passes it to the next player and so on. The group attempts to beat the 4 minute mile (ie. run one mile/1.6km in 4 minutes or less) or an appropriate time barrier.



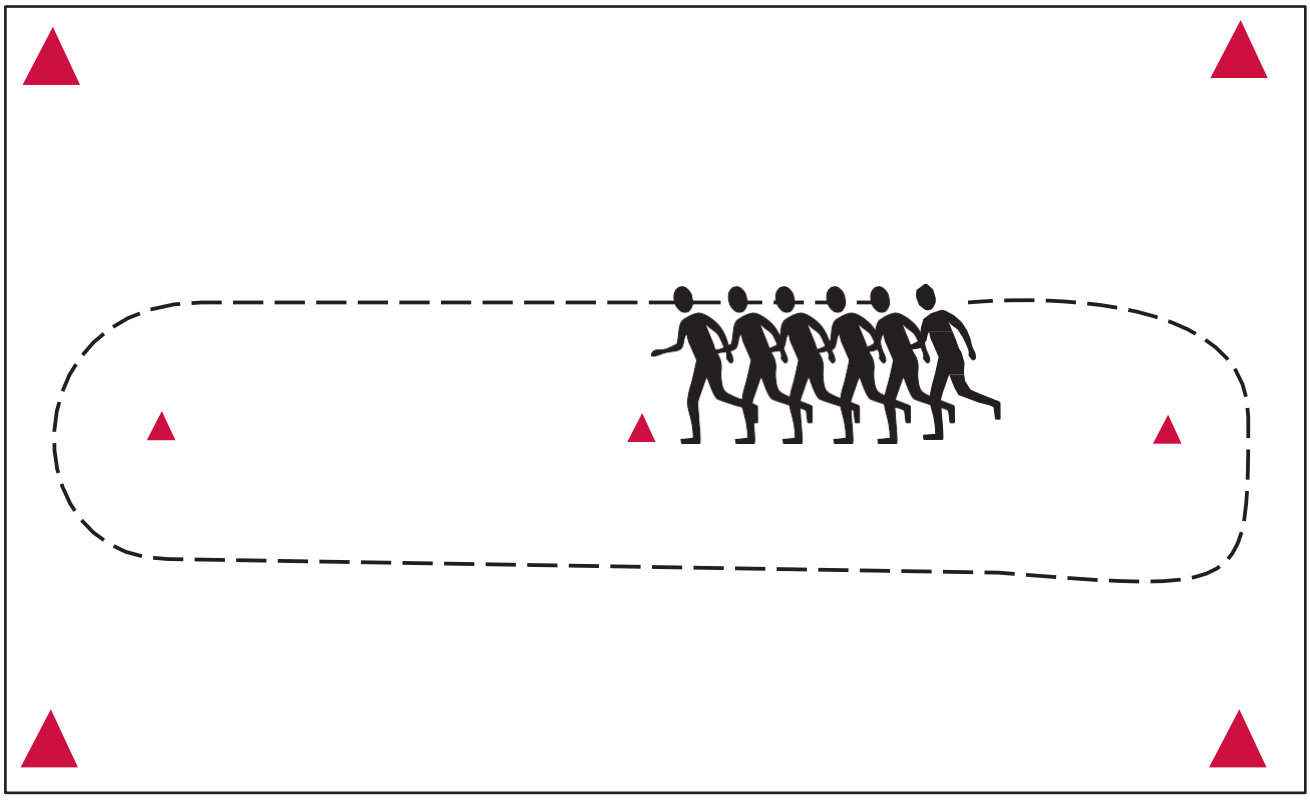
Follow the Leader Relay

Running development.

Ground markers.

Teams of up to six players line up behind the middle of three markers on a playing area.

The player at the rear of the line begins by running past the team, around the bottom marker and to the front of the team. This player now leads the entire team around course again. On returning to the middle marker, it is then the turn of the player who is now at the rear of the line to run the course by themselves, then followed by the team. The relay continues until all players in the team have done this.



This relay may be done as a competition between teams or as a race against the clock.

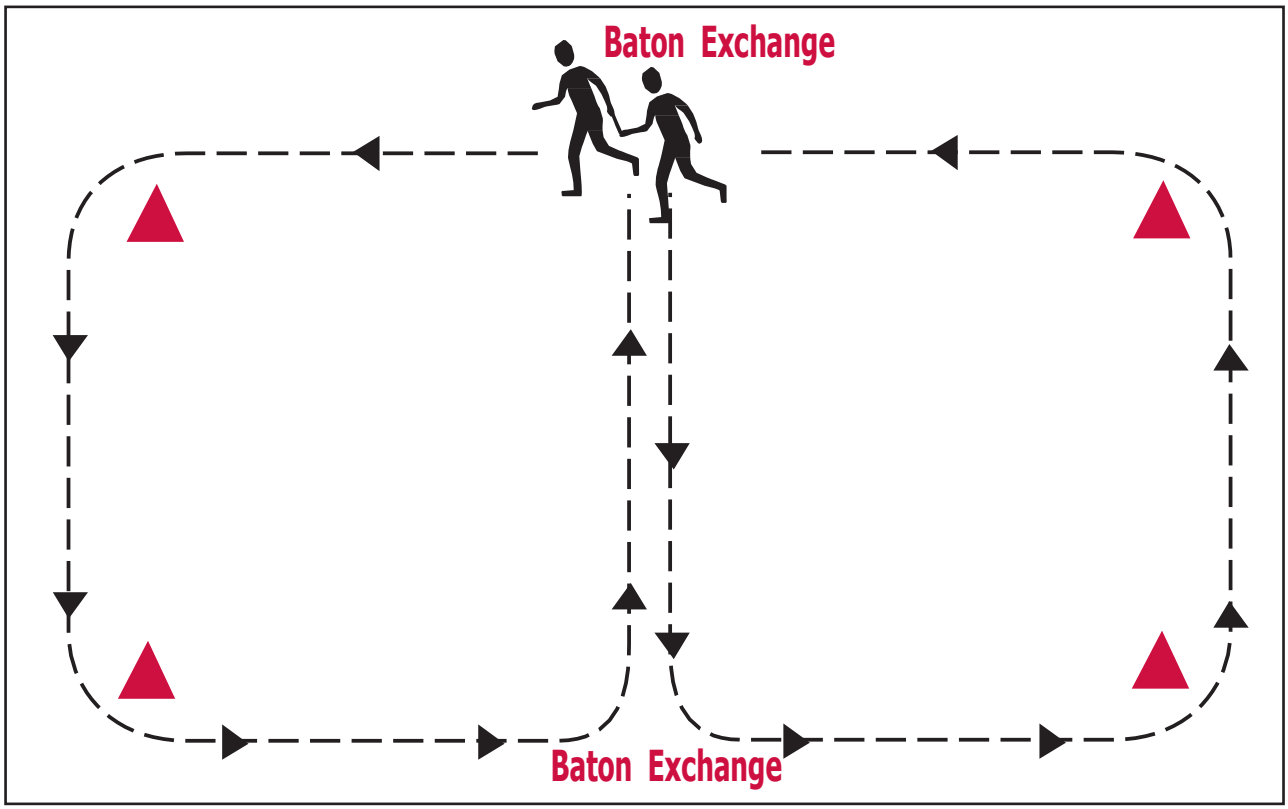
Continuous Relay

Running development.

Ground markers, relay batons.

Mark out a square, rectangular or circular running course with ground markers. Players form pairs. Both begin at the same point of the course. Person A carries the relay baton.

On "Go", Person A runs around the outside of the course to a point half way around on the other side. Person B runs across the middle of the course and meets Person A, where they exchange the baton. Person B then continues around the rest of the course to meet Person A back where they started and once again exchange the baton. This relay can continue for a designated number of circuits, or a predetermined time.



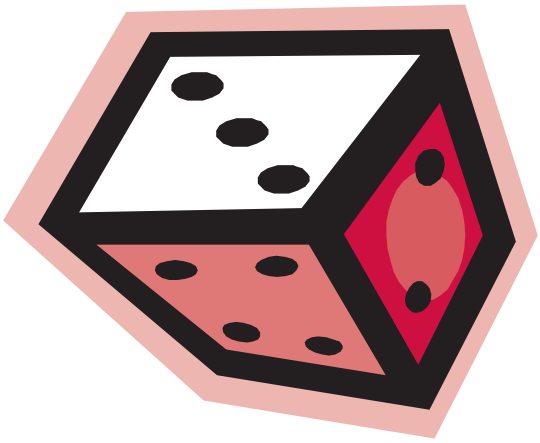
Roll the Dice

Running development.

Ground markers, six-sided dice.

Set up a running course of 40m - 100m.

Players roll the dice in turn, the resulting number on the dice determining how many runs around the circuit each group of players must do. This game can be played for a predetermined number of dice rolls, laps or time period.



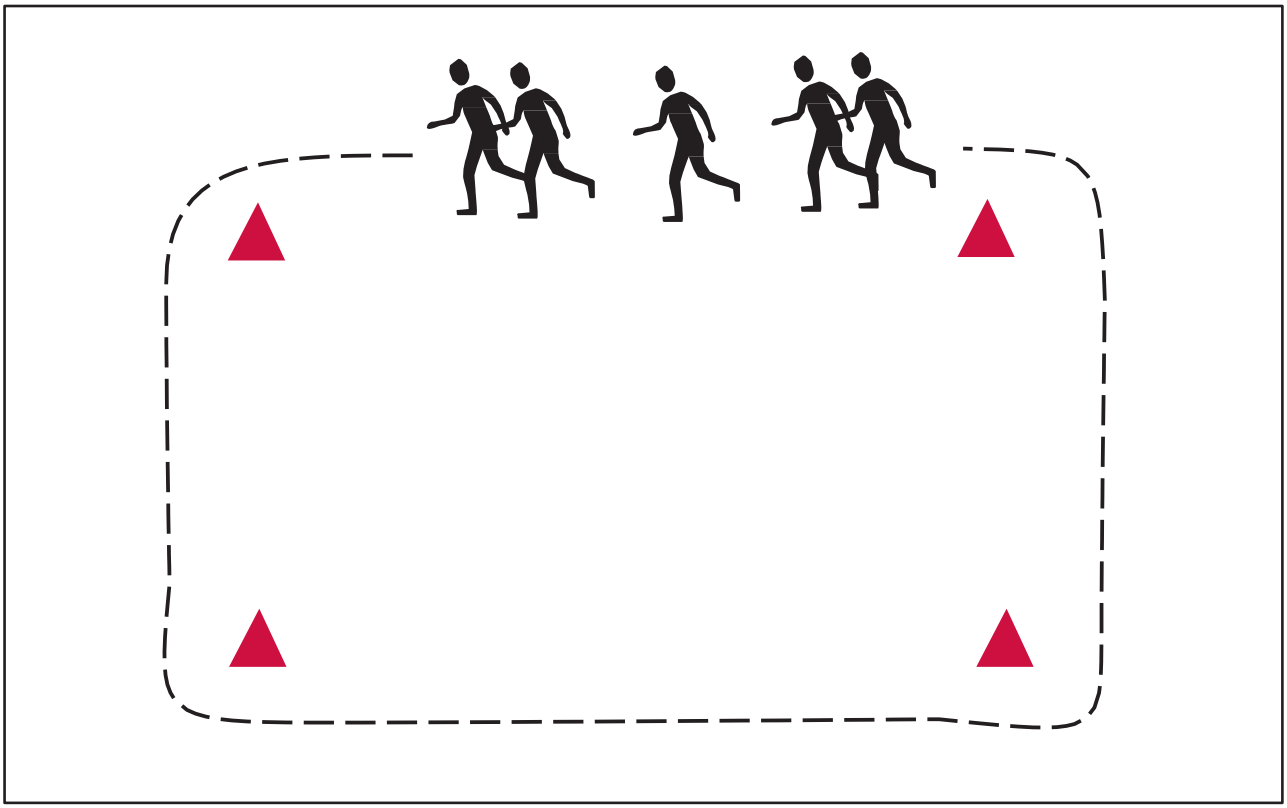
Breakaway

Running development, race tactics.

Ground markers.

Set up a running circuit of at least 60m (Distance to depend on ability of the group). Players line up at a starting point.

On command, players run around the circuit in a group for the first four laps. The last lap is a race to the finish line.



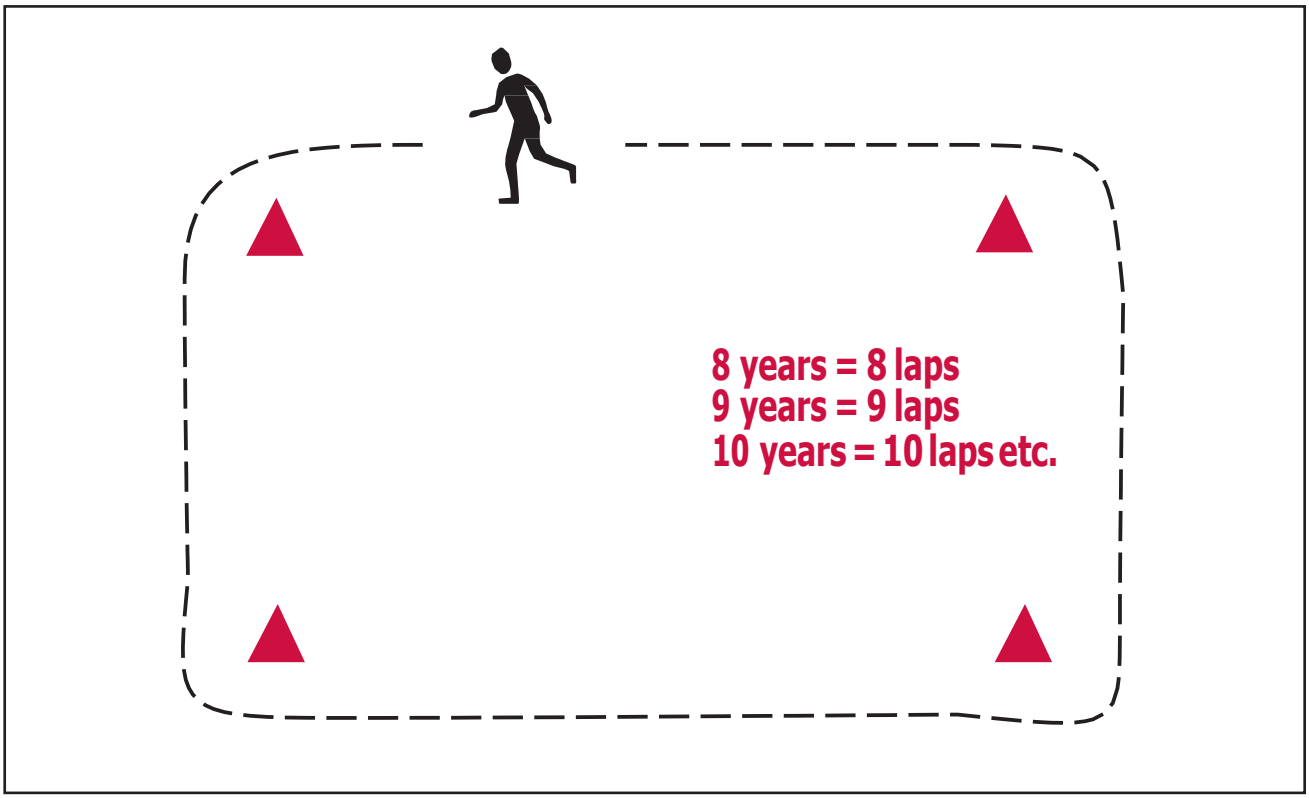
Short Course Run

Running development.

Ground markers.

Set up a running circuit of 40m to 100m.

Ask players to run one lap per their age. Alternatively, ask them to run one minute for each year of their age.



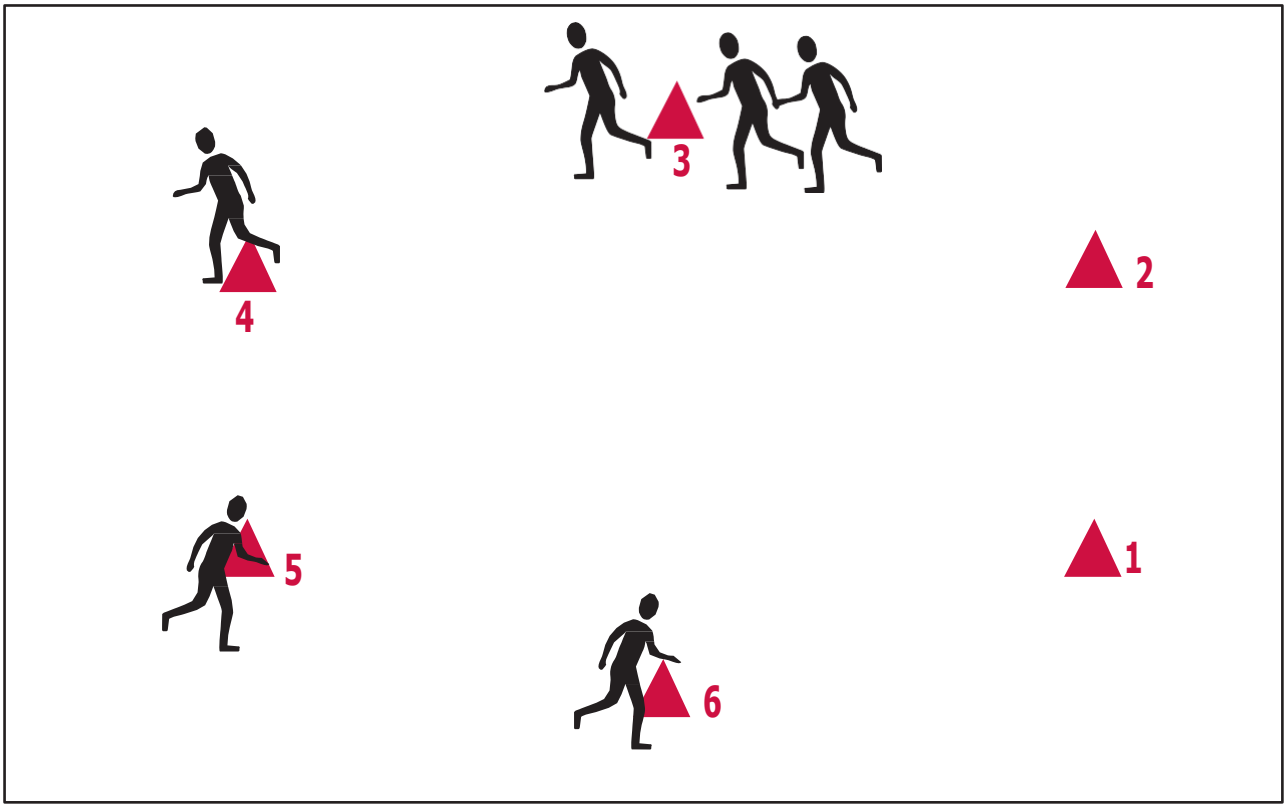
Pick Up Run

Running development.

Ground markers.

Set up a running course with stations. Each player begins on a different station.

On "Go", the first player runs to the second station and "picks up" this player who joins them in running to the third station and picking up the third player, and so on, until all players are running as a group. Each player then progressively drops off as they reach their station again, and rests there until they are again picked up by the group as it continues around the course. Play for a designated time or number of circuits.



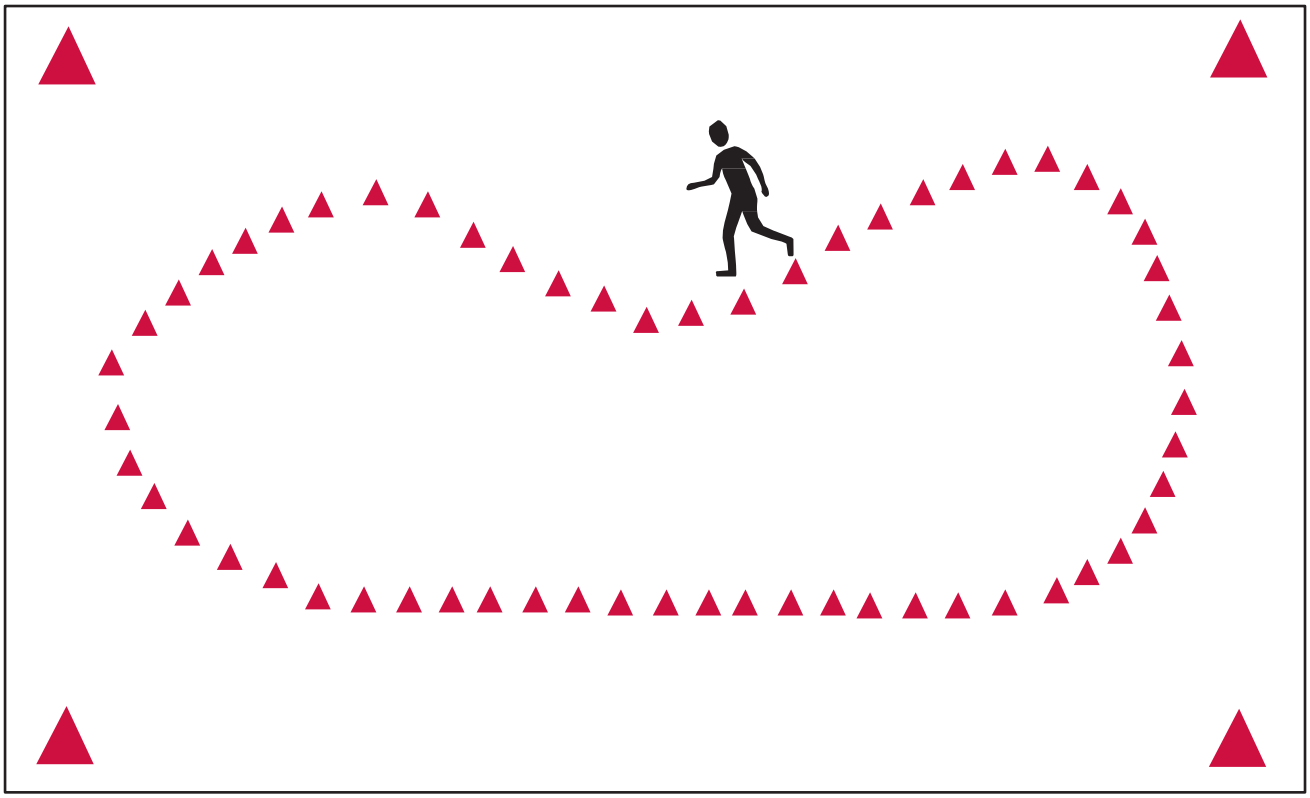
Grand Prix Run

Running development.

Ground markers, stop watch.

Set up a "Grand Prix" running course with ground markers. The length of the circuit will depend on the player's ability.

(a) All players run through the course as quickly as possible. Time each player and rank them.
(b) Set all players up behind a starting line on the circuit as per a grand prix motor race (ie. On a grid in order of time / ranking). On command, the players then run a race consisting of a predetermined number of laps of the circuit.



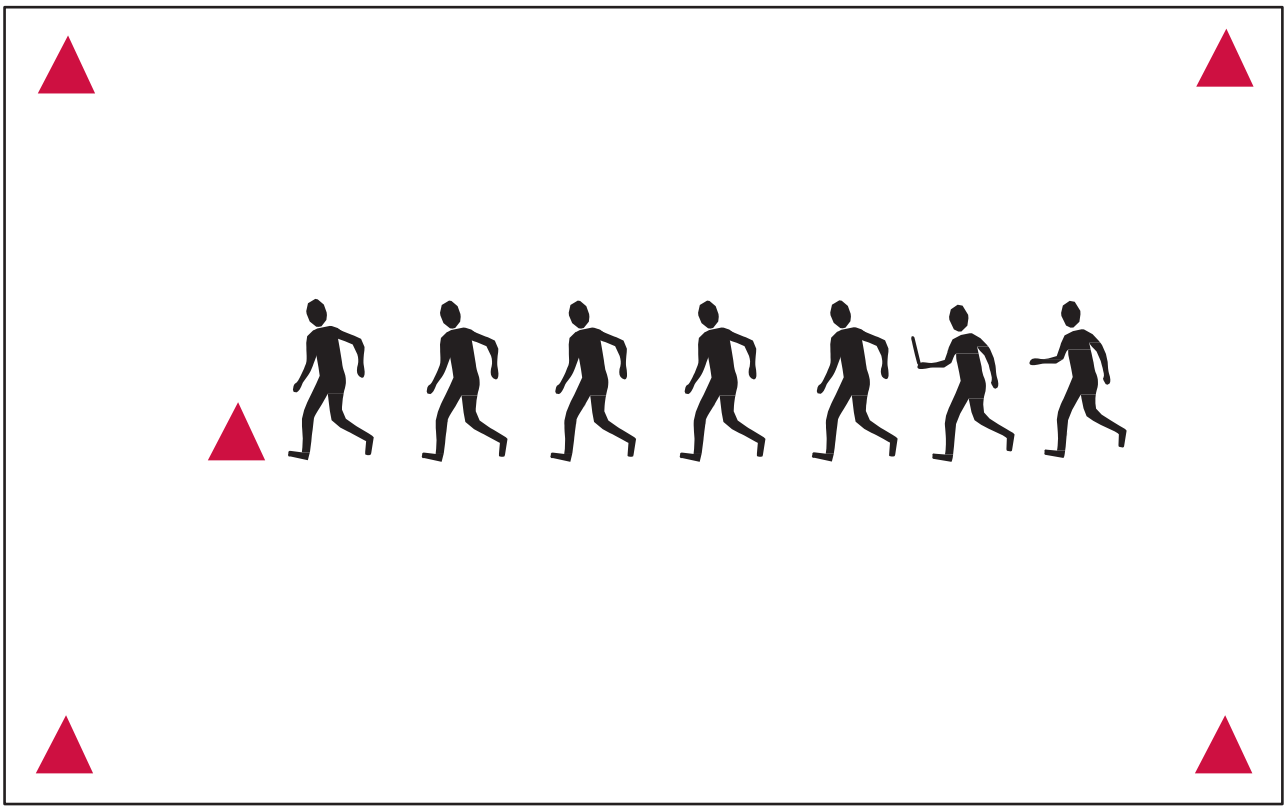
Fast Baton

Relay baton passing development.

Ground markers, one relay baton per team.

Divide the group into even teams. Players line up behind a ground marker in their teams. They stand in single file, arm's length apart. The person at the rear of the line is given a relay baton.

On "Go", players pass the relay baton down the line as quickly as possible, using non-visual exchanges. When the first person receives the baton, they must quickly raise it above their head, signaling that they have finished. The first team to do this is the winner.



- Disqualify teams for incorrect passing technique, visual passes, etc.
- When the baton reaches the first person and all teams have finished, simply ask the players to turn and face the other direction, so that the front person is now at the end of the line with the baton. Repeat the game.

ALTERNATIVE: Players attempt this game while running on the spot.

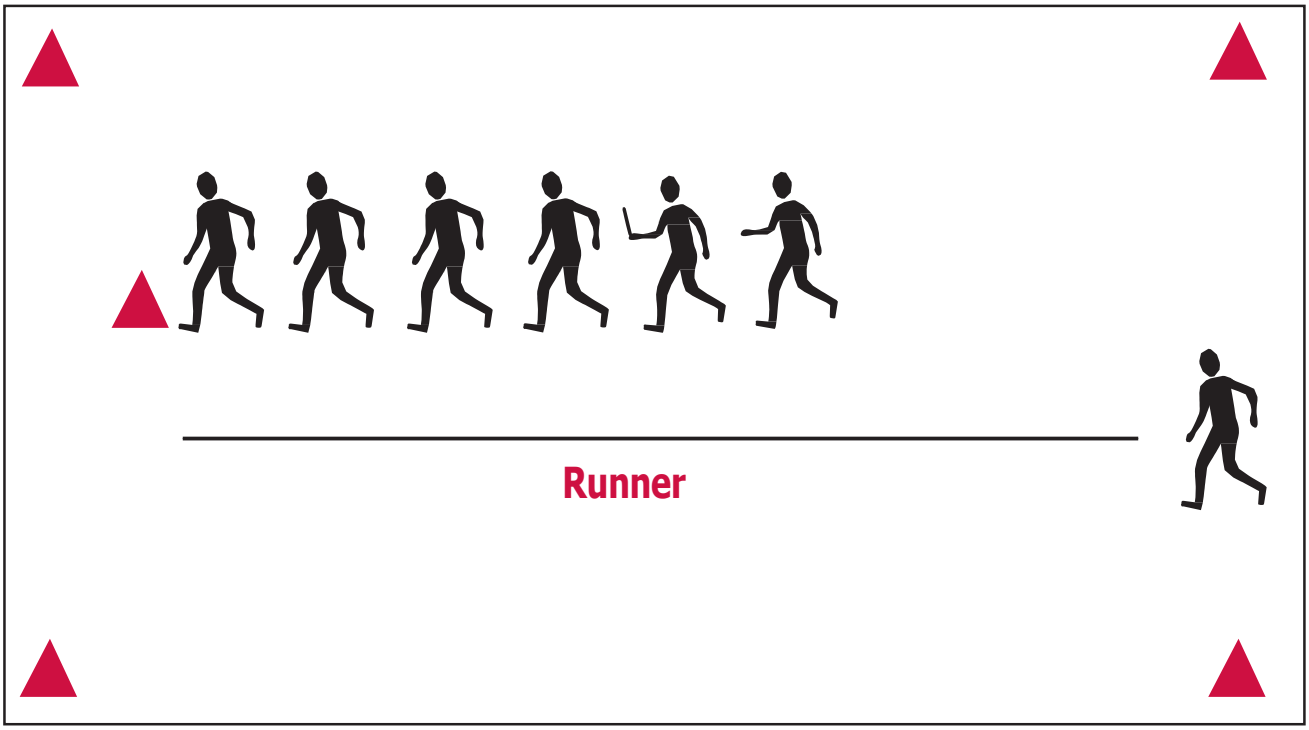
Baton Vs Runner

Relay baton passing development.

Ground markers, one relay baton per team.

Divide the group into teams of at least six players. Players line up behind a ground marker, arm's length apart, in their teams. The last player in each line is selected as the "runner" and is instructed to stand at a marker an appropriate distance behind the team (eg. 10 metres). The player who is now last in line begins with the baton.

On "Go", the team passes the relay baton down the line to the front person as quickly as possible, using non-visual exchanges. At the same time, the "runner" sprints past the team and to the front of the line in an effort to beat the baton to this point.



- Ensure that the teams are spaced widely enough apart from the other teams to ensure a safe running corridor for the runner.
- The more runners in each team, the further the runner should have to run. Organize this distance so that the time it takes the runner to reach the front of the line is similar to the time it takes the baton to reach this point.

ALTERNATIVE: Play this game so that the runner has to attempt to be in position at the front of the line to receive the baton when it gets there.

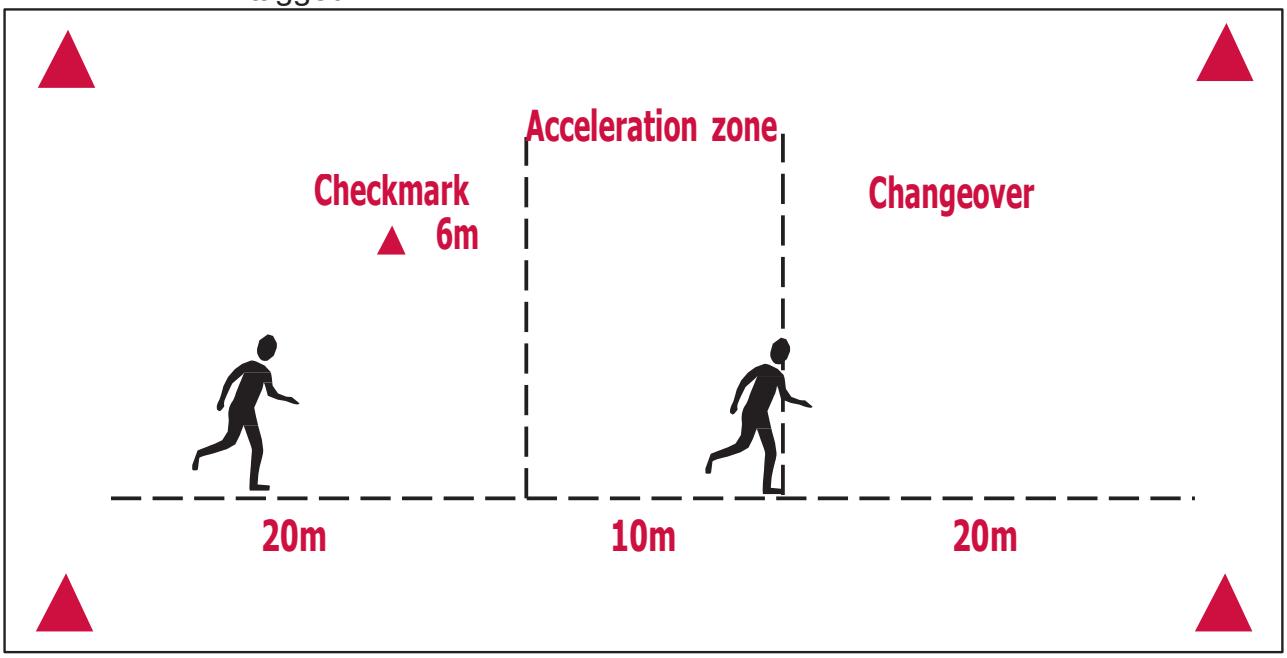
Relay Zone Chase

Development of running fast through the changeover zone.

Ground markers.

Set up a twenty metre relay changeover zone and a ten metre acceleration zone using ground markers. In pairs, the players decide who will be the incoming and outgoing runners. The incoming runner stands 20m beyond the start of the acceleration zone. The outgoing runner stands just inside the acceleration zone looking back over their shoulder. A check mark is placed about six metres behind the start of the acceleration zone.

On "Go", the incoming runner sprints towards the outgoing runner. As soon as the incoming runner reaches the check mark, the outgoing runner must turn and sprint as fast as possible towards the end of the 20m changeover zone. The incoming runner aims to tag the outgoing runner before they reach the end of the changeover zone. The outgoing runner aims to reach the end of the zone and "safety" without being tagged.



- Emphasize that the incoming runner must lightly tag their partner on the shoulder not push them, if they catch up to them.
- The game does not require an athletics track or even an oval, to play. The changeover zone may simply be set up on a square playing area. If the area does not permit the various measurements recommended, simply adjust.

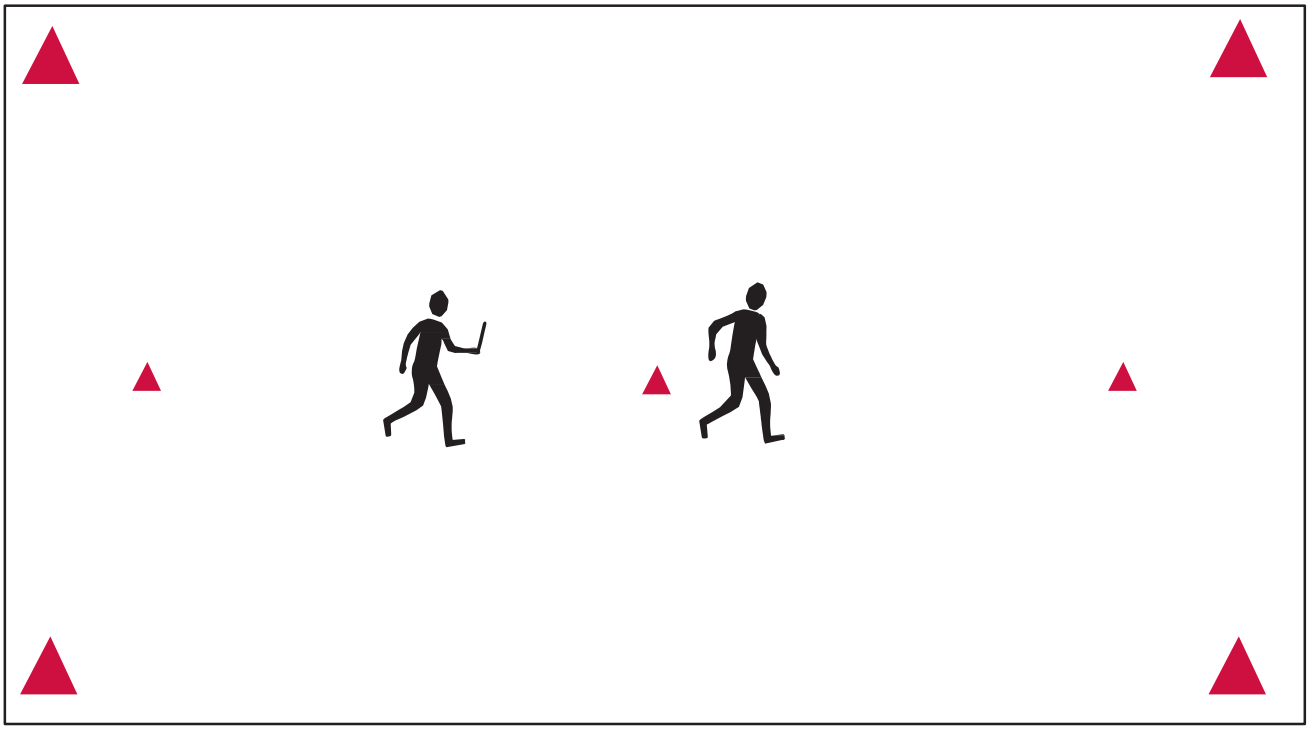
Relay Zone Racing

Development of running fast through the changeover zone.

Ground markers, relay batons.

Set up a twenty metre relay changeover zone and a ten metre acceleration zone using ground markers. In pairs, the players decide who will be the incoming and outgoing runners, and set up check marks accordingly. The outgoing runners can stand anywhere inside the acceleration zone (as per a relay race), however all incoming runners must begin running from the same line 20m behind the acceleration line. Each incoming runner carries a baton.

The aim of this game is for each pair to attempt to be the first to carry the baton past the end of the 20m changeover zone. On "Go", all incoming runners sprint towards the outgoing runners in an attempt to make a fast, smooth baton exchange in the 20m changeover zone. The outgoing runner, on receiving the baton, sprints to the end of the changeover zone, carrying the baton.



Pairs are disqualified for illegal baton exchanges.

Relay World Record

Development of running fast through the changeover zone.

Ground markers, relay batons, stop watch.

Set up a twenty metre relay changeover zone and a ten metre acceleration zone using ground markers. In pairs, the players decide who will be the incoming and outgoing runners, and set up check marks accordingly.

Pairs compete for the group or "world" record for being the fastest at passing the baton through the 20m change over zone. The leader uses a stopwatch to time the movement of the baton through the zone. The timing should be started as the runner with the baton enters the 20m zone, and stopped when the outgoing runner leaves the zone. The pair with the fastest time holds the "world record".

Only one pair can usually be timed at once. Have other pairs ready to go as soon as the previous pair has finished.
ALTERNATIVELY: Organise multiple timers so that more than one pair can run at once.

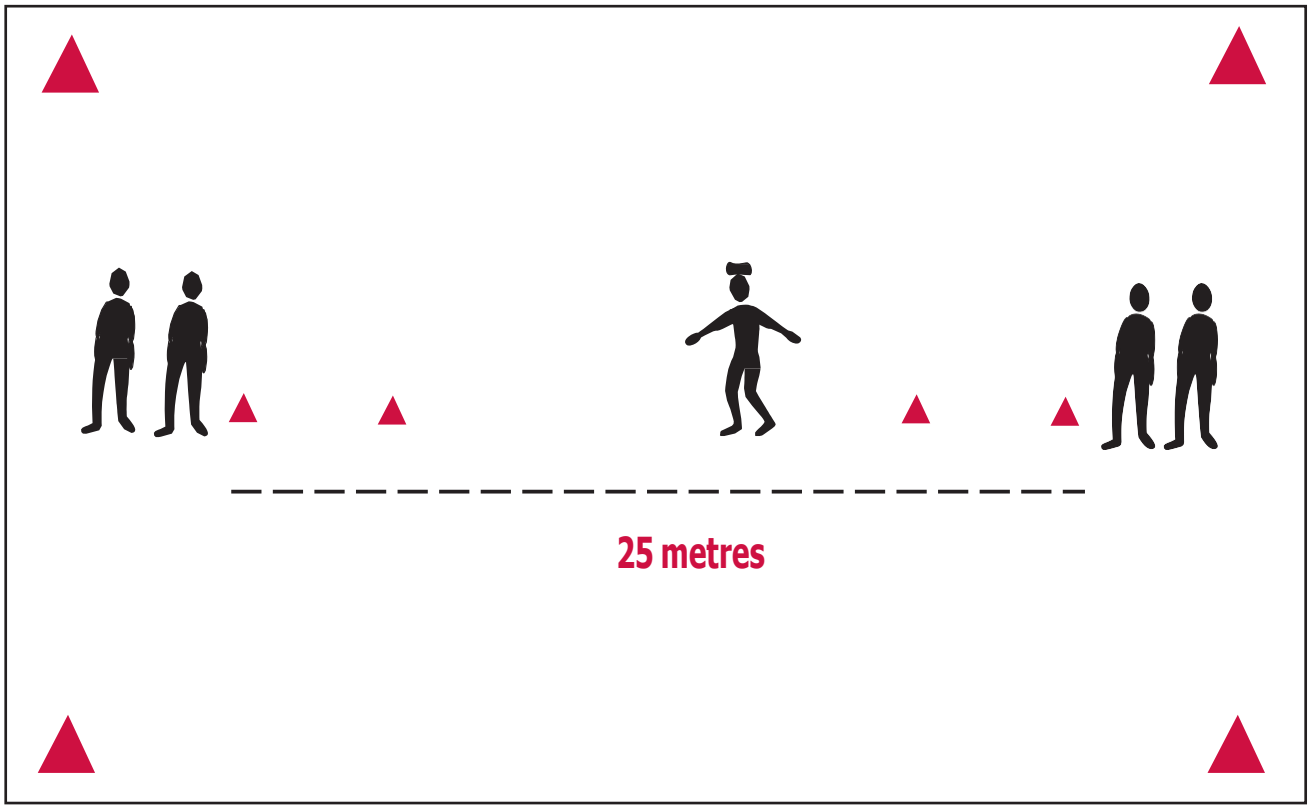
Bean Bag Balance Relay

Develop walking posture.

Ground markers, bean bags.

Set up a 25m shuttle relay course with ground markers. Place an additional marker at each end, one metre before each change over. Divide the group into teams. Each team splits into two, with each going to opposite ends of the course.

Players participate in the relay carrying bean bags on their head. The bean bags may not be touched until the final metre before the change over, and during the change over itself. The first team to finish is the winner.



Impose a short time penalty during which a player must stop and stand still (eg. 5 seconds) if the bean bag falls off, or it they touch it during the relay.