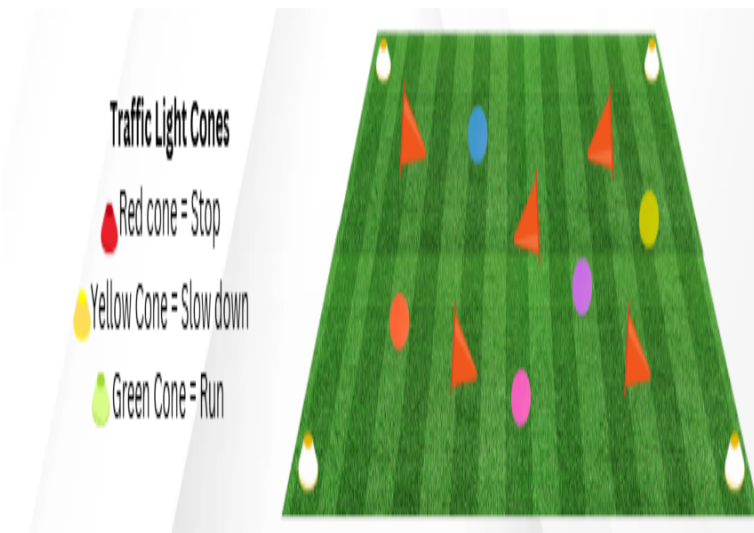


LEVEL 2

CRAZY CARS

HURLING / FOOTBALL / HANDBALL / ROUNDEERS



EQUIPMENT LIST



Cones



Markers

Crazy Cars

Organisation

- Set up area as shown
- Give each player a hoop/marker (car)
- Players drive their car around the area
- On coaches call- if they see a red cone (stop), green cone (run), Yellow cone (walk)
- Add speed bumps so players have to jump over cone or Reverse car where players move backwards

Use STEPR to adapt and progress activity

Space, Time/Task, Equipment, People, Rules

Notes

[illegible]