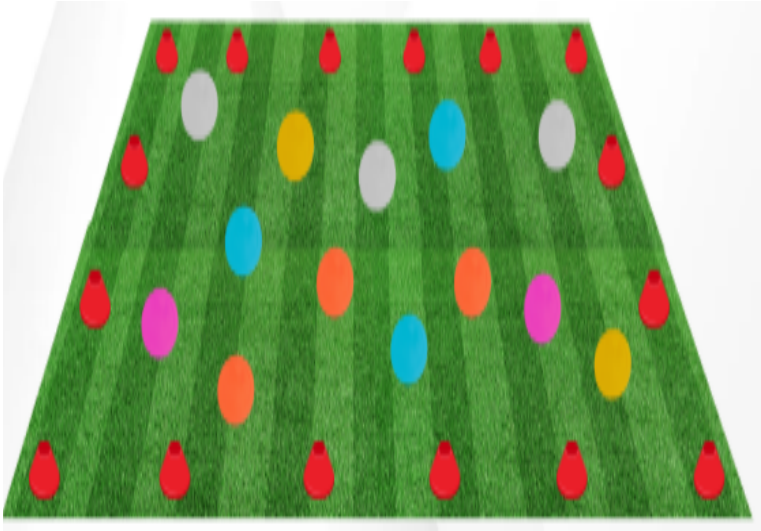
LEVEL 2

MINEFIELD

HURLING / FOOTBALL / HANDBALL / ROUNDERS



EQUIPMENT LIST

- Cones
- Football
- Markers
- Sliotar

Minefield

Organisation

- Set up game as shown
- Place a large number of coloured cones around the area- include 4-5 cones of each colour
- Players begin by avoiding cones as they move around the area
- Players bend down and touch each cone with their hand as they pass
- On coach's signal, players stop at a cone each
- Coach asks player to look at their cone colour;
- Task 1 Players touch all cones of that colour
- Task 2 Players touch 4 different coloured cones
- Task 3 How many cones can player touch
- Introduce touching cones with different body parts, left foot, heel, elbow etc
- Progress to doing a skill at each cone, solo/knee touch, bounce etc

Use STEPR to adapt and progress activity

Space, Time/Task, Equipment, People, Rules

Notes