

Chasing Cars

Aim/Focus:

- To develop reactions
- Introducing the principals of marking.

How to Play:

- Players are in pairs – “cars”
- One player is the driver the other is the passenger.
- The ball is the steering wheel.
- Use calls:
 - Red = STOP
 - Orange = READY TO STOP
 - Green = GO

Progression

- Some of the pairs act as Trucks
- They try and bump into the “cars”
- The “cars” use agility to avoid a crash

Equipment

- Footballs
- Cones
- Stopwatch & Whistles