

striver | Task

1 Ball Swap



- Two cones are set 3 metres apart with a ball on each cone.
- The striver starts behind one of the cones with a ball in hand.

2



- When the whistle blows, the striver sprints to the opposite cone and carefully swaps the ball on this cone with the ball in their hand.

3



- The striver turns and sprints back to the starting cone to perform another swap.
- A point is awarded for each ball swap and the striver aims to complete as many of these as possible before the final whistle blows.

You Need



Rules

- A point cannot be awarded unless the ball is stationary on the cone following a swap.
- If a ball falls from a cone, the striver must return it to the cone before moving on to perform the next swap.

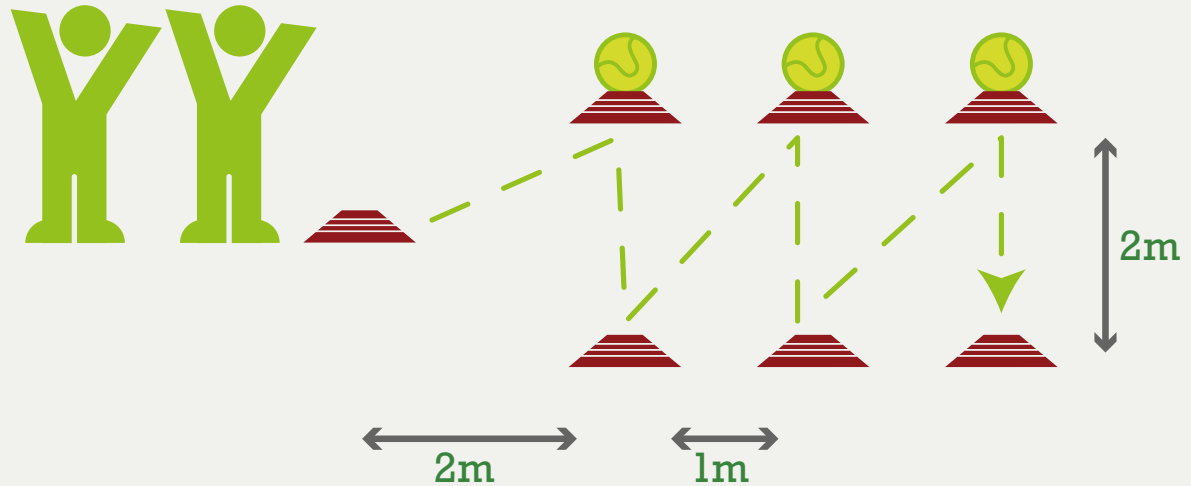
Tips

- Pump arms and legs to maximise sprinting speed.
- When changing direction, push off, be in control and stay balanced.
- Use both hands when swapping balls.
- Make sure the ball is stationary on the cone before moving to complete the next ball swap.



Ball Swap

- Two lines of cones are set out (minimum of three cones in each line), with a distance of 1 metre between each cone in the line and 2 metres between lines.
- A starting cone is placed 2 metres from the middle of the first pair of cones.
- A ball is put on all of the cones in one of the lines.
- This set up is repeated for each team to compete in a relay competition.
- Each player must sprint from the starting cone to the first cone with the ball on top and move this ball to the opposite cone.
- They then repeat this for the remaining balls until they have all been moved from one line to the other.
- The player then sprints back to the starting cone to tag in a teammate to repeat this process, moving the balls to the opposite line of cones once again.
- The winning team can be either those who have had all their players complete the activity or those who have completed the activity the most times in a certain amount of time.



Extra Challenge

Extend the strivers who are already mastering the skills by assigning them more difficult challenges within the game.

- Extra cone pairs can be added.
- Cone pairs can be moved further apart.