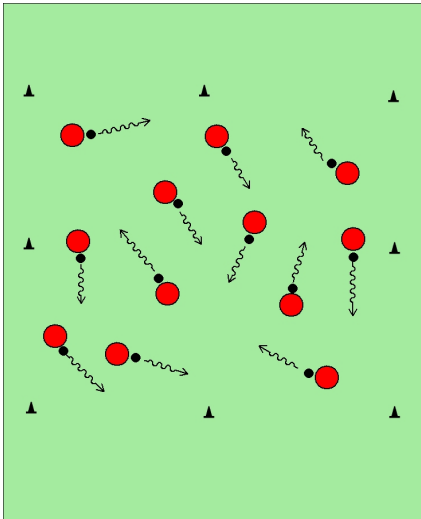




Traffic jam



How it works

Each player stands in a space in the playing area with a ball each. They must steer their car (ball) safely around the playing area (road) without losing control.

Players have to follow instructions called out by coach, starting with:

Green - players dribble around area.

Red - players stop and put foot on the ball.

Amber - players touch ball between insteps of both feet without moving.

Turn - steer car (ball) to move in a different direction.

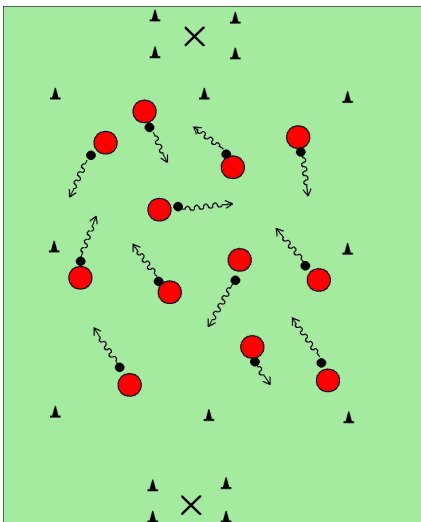
Introduce gears whilst in green dribbling mode:

1st gear - slow jog

2nd gear - steady run

3rd gear - quicker run

4th gear - quick run



Players continue moving around playing area responding to instructions from coach.

Add in following instructions:

Crash - all players must fall to ground and scream in pain then quickly get up and carry on. (Only call if two or more players allow their cars to collide). The two players who crashed must go to the mechanic (coach) to have their car fixed ie. stand out for 20/30 seconds.

Runaway truck - coach comes into the playing area and crashes into any cars that are not being kept under control. Kick balls out of playing area if not under control and players have to go and fetch it and return as quickly as possible.

Taxi - players have to leave car and run to get in the taxi (two coned off

areas outside each end of the playing area, labelled X)