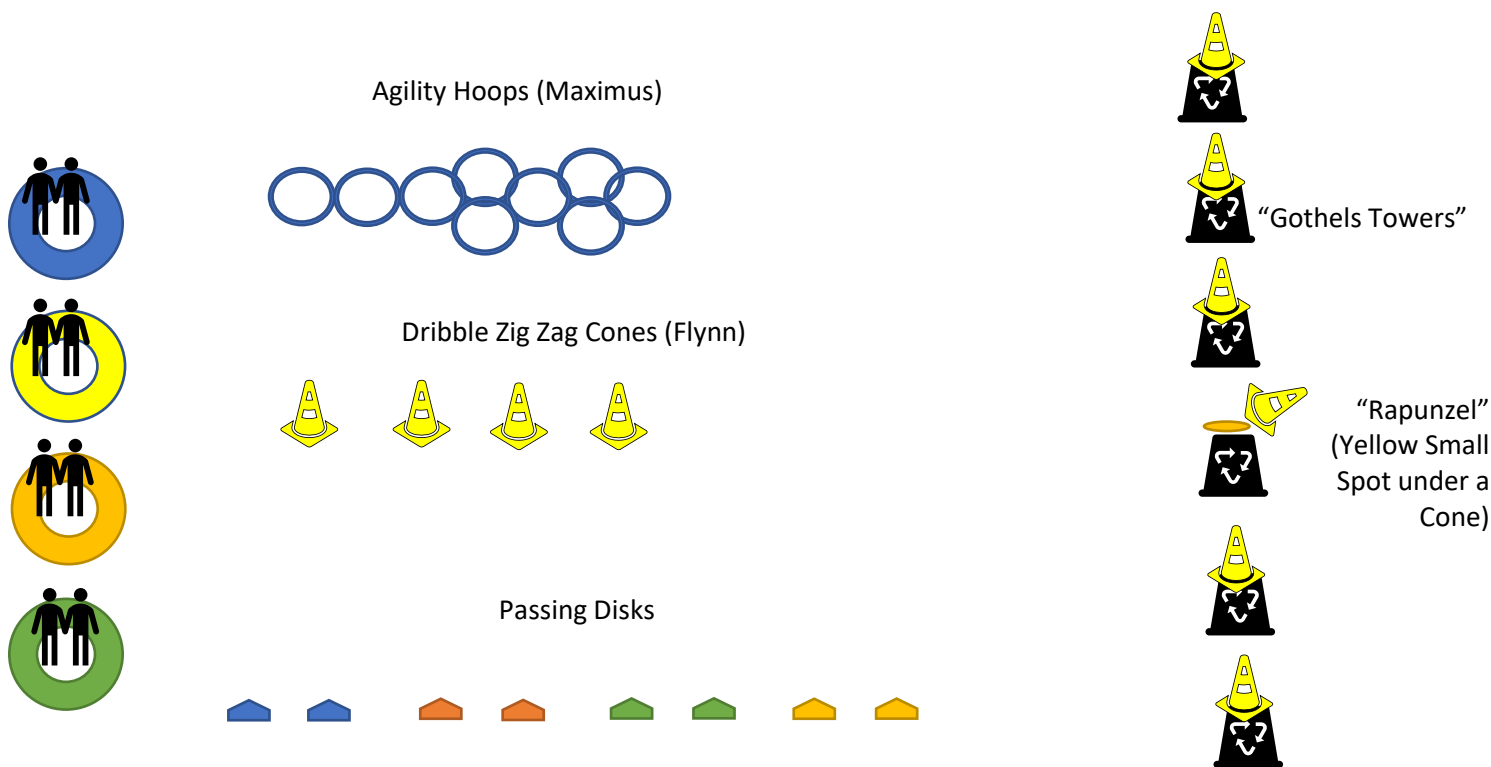


Flynn Rider's Rescue

Purpose: Agility, Trapping, Passing and Shooting

Equipment: Agility Hoops, Small Buckets, Cones, Standing Spots, Hula Hoops, Small Yellow Spot, Disc Cones, Soccer Balls

Set-up: As shown below. 6 Buckets with a Cone on top. Coach hides a Yellow Spot (Repunzel) under one of the cones. Put down 4 hula hoops, one for each Pairing. Between the Hula Hoops and the Buckets (Gothels Towers) put down Agility Hoops on the left, Dibble Zig Zag Cones in the middle, and passing disks on the right.



Execution:

1. Put players in pairs and have each Pair stand inside a Hula Hoop.
2. Introduce the Tangled storyline. Repunzel is currently being held prisoner in one of her Step-Mothers (Gothel's) Towers. Flynn Rider, and his faithful horse Maximus, must try to save Repunzel and bring her back to their castle (their Hula Hoop).
3. Coach calls up a pair to go first. One player is Flynn and the other Maximus:
 - a. Flynn – starts with the ball and zig zag dribbles through the cones towards the bucket. He then passes the ball to Maximus who passes it back to Flynn. Flynn shoots the ball at the castle he thinks is hiding Reunzel, and tries to knock the cone off the bucket.
 - b. Maximus – Does quick feet through the agility hoops, receives the pass from Flynn, give him/her a lead pass back toward the bucket. Maximus then retrieves the ball (make or miss) after Flynn kicks it
4. **If Flynn knocks down the tower than is hiding Repunzel** – Flynn grabs Repunzel (the Yellow Spot) and brings it back to their teams Hula Hoop. They put the spot in the hoop which indicates 1-point for their team.
5. **If Flynn knocks down the tower, but it doesn't have Repunzel** – they leave the tower knocked down but do not get to grab anything
6. **If they miss the tower entirely-** nothing happens. They do not get a second kick



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7. **Regardless of the outcome** – Maximus retrieves the ball and Maximus and Flynn dribble/pass the ball back to their Hula Hoop, passing the ball through each disc cone color pairing (Yellow, Green, Orange, Blue).
8. Continue calling up players until one of the pairing rescues Rapunzel. The Coach then hides a new Rapunzel under one of the buckets and plays another round. Make sure all the players turn around while you hide the Spot.
9. Each time a pairing comes up, make sure they switch who is Flynn and who is Maximum
10. Continue as time permits.
11. At the end of the game, count up how many Rapunzel's each pairing saved. The team with the most Rapunzel's wins!
12. Recap Life Skills and Sport Skills. Award points for both