



# TRACK & FIELD (AGES 4-6) ACTIVITY REFERENCE GUIDE

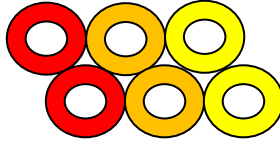


## JUNGLE RUSHING ANDVENTURE

Purpose: Running, Jumping, Agility, Hand Offs

Equipment: Cones, Hula Hoops, Agility Ladder, Tarp, Cones, Large Colored Spots, Footballs

Set Up: Put down matching standing spots for each player about 30' away from one another. Leave enough room between the players 2 standing spots for that days obstacles which increase each day.



- Jump the River – Put down blue tarp for kids to jump over
- Cross the Jungle Bridge – Put down agility ladder that the kids have to cross by only stepping on the blue bars so they don't fall off the bridge. Up on your Tippy-Toes
- Fire Hoops – Hot feet through the hoops of fire (one foot in each hoop)
- Hop over the Spikes – Put 4 cones in a straight line to serve as hurdles

### Execution:

- Have all kids' line-up on their colored spot.
- Start with the River Folded in Half
- Coach calls the first person who runs up to the "river" (i.e. tarp) and jumps over it.
- After the player jumps over the tarp, they continue across the jungle to their same color spot on the other side.
- Once all players have gone across, make the river larger and continue.
- Reinforce proper leaping technique and add second River
- Continue as time permits
- Each time across, add in a new obstacle
  - Jump over the River
  - Jump over the river, Cross the bridge
  - Jump over the river, Cross the Bridge, Hot Feet through the Hoops of Fire
  - Jump over the river, Cross the Bridge, Hot Feet through the Hoops of Fire, Jump over the spikes
- Handoff and Rushing Technique
  - Big Cookie Monster Arms
    - Inside arm- Elbow up. Right hand up so your elbow is facing the QBs face.
    - Outside arm, Elbow away so they are putting the ball into the players chest, and they are absorbing the ball.
    - While ball is covered up with 2 hands, find tip of the football.
    - 4 points of contact
      - Middle finger – tip of ball
      - Butt of ball on your palm
      - Back of ball on your forearm
      - Tucked into bicep.