

## Development Stage: FUNDAMENTALS

### Outcome of Activity

Athletes will have learnt to adjust pace gradually (acceleration / deceleration)

### Equipment

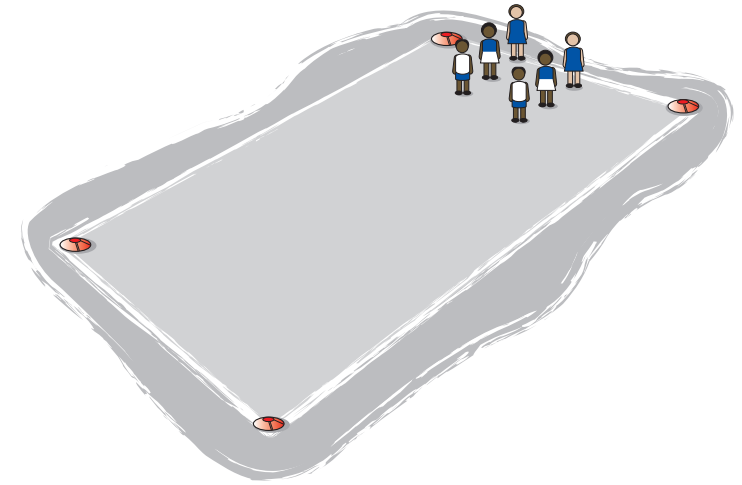
- Cone markers
- Whistle

### How-2 Organise

1. Mark out a large area with 4 red cones
2. Dictate the pace of the vehicle e.g. Tractor = Walking, Lorry= jogging/skipping, Car=fast jogging, Plane=sprinting

### How-2 Maintain Safety

1. Keep athletes in the area
2. Avoid bumping into each other
3. All athletes are involved



### What-2 Get the Athletes to Do

1. All athletes move around the area running tall
2. When told, gradually increase arm speed to the new pace

### What-2 Look For

1. Running tall
2. Arms speed up
3. Smooth changes of pace

### Progressions/Variations

- Increase the size of the area
- Put out x4 cones in a line to indicate gear changes
- As above, put into pairs and partners have to keep pace with each other. A dictates pace, B follows. Then, swap over