

4-Man Relay Race

Objective:

Kids love relay races. It's not hard to motivate them. The thrill of the competition will keep it fun. With the 4 Man Relay we are looking to:

- Develop and improve agility by having participants make quick changes in direction.
- Increase cardiorespiratory fitness as it applies to sports with short bursts of high intensity movement.
- Increase mobility and range of motion by introducing different movement patterns

Materials:

None required

Procedures:

1. Decide which locomotive action you are prioritizing for the race. In other words, are they going to run or are they going to perform a simple locomotive action such as: run, hop, jump, crab walk, bear crawl, frog leap, or seal walk.
2. Set up groups of 4. Groups of 4 provide a good ratio of high-intensity activity to rest. This is great for sports conditioning.

3. Set up a line or cone at a predetermined distance. Have the first participant go on the signal. When they return the next person goes etc. Have the participants high-five the next person in line to keep the team aspect.
4. Continue alternating through all 4 teammates. Instead of stopping after all 4 teammates take their turn, keep it going. By keeping the relay race continuous you increase the conditioning of your athletes through the repeated high-intensity efforts.

Variations:

- Add different elements to the race instead of just a locomotor movement. I like to have the athletes do a jump rope for 10 reps in the middle of the race, then continue through. You can also have them perform 3 Jumping Squats in the middle of the race.
- Add strength moves such as 5 pushups or 5 burpees in the middle of the race or at the finish line.
- Have participants change the locomotive skill each time they go through the race. Example: first time: run, second time: hop on 1 foot, third time: bear crawl, fourth time: crab walk.