

# Relay Race with Change of Directions

## 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:

Hula Hoops

## 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 3 hula hoops for each line. Space them out evenly down the running lane.
4. Have athletes move down their lane with whatever locomotive skill was chosen. When they get to the hula hoop, they must run around it one time before continuing. This can be done running around clock-wise or counterclockwise, as well as facing forward the entire time while running around the hoops.. your choice.
5. 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.
6. 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.

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## 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.