

# 1.

**VARIATIONS**

- a) Both feet as quick as possible x5
- b) Left foot x3
- c) Right foot x3
- d) Without the ball sprinting x3

Average out your score and post it online with your age

e.g. Harry 6

- a) 20 secs
- b) 30 secs
- c) 30 secs
- d) 15 secs

1. Player runs from red start cone to red at top turning heading left or right.
2. Turn around blue and head to the next blue
3. Round the 2nd blue cone and return around the red before stopping on the yellow,