



TOT/PRESCHOOL TRACK & FIELD (AGES 3-6) ACTIVITY REFERENCE GUIDE

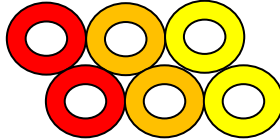


JUNGLE ANDVENTURE w/ Hand-Offs

Purpose: Hand-Offs, Running, Jumping, Agility,

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

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 the obstacles that you will add in each round.



- 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.
- Coach starts with the Footballs between the player starting line and the obstacles
- 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 rushing technique (3-point stance, take-off, hand positioning, 3-point protection, etc.)
- Coach goes to the other side and does the same thing coming back
- 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