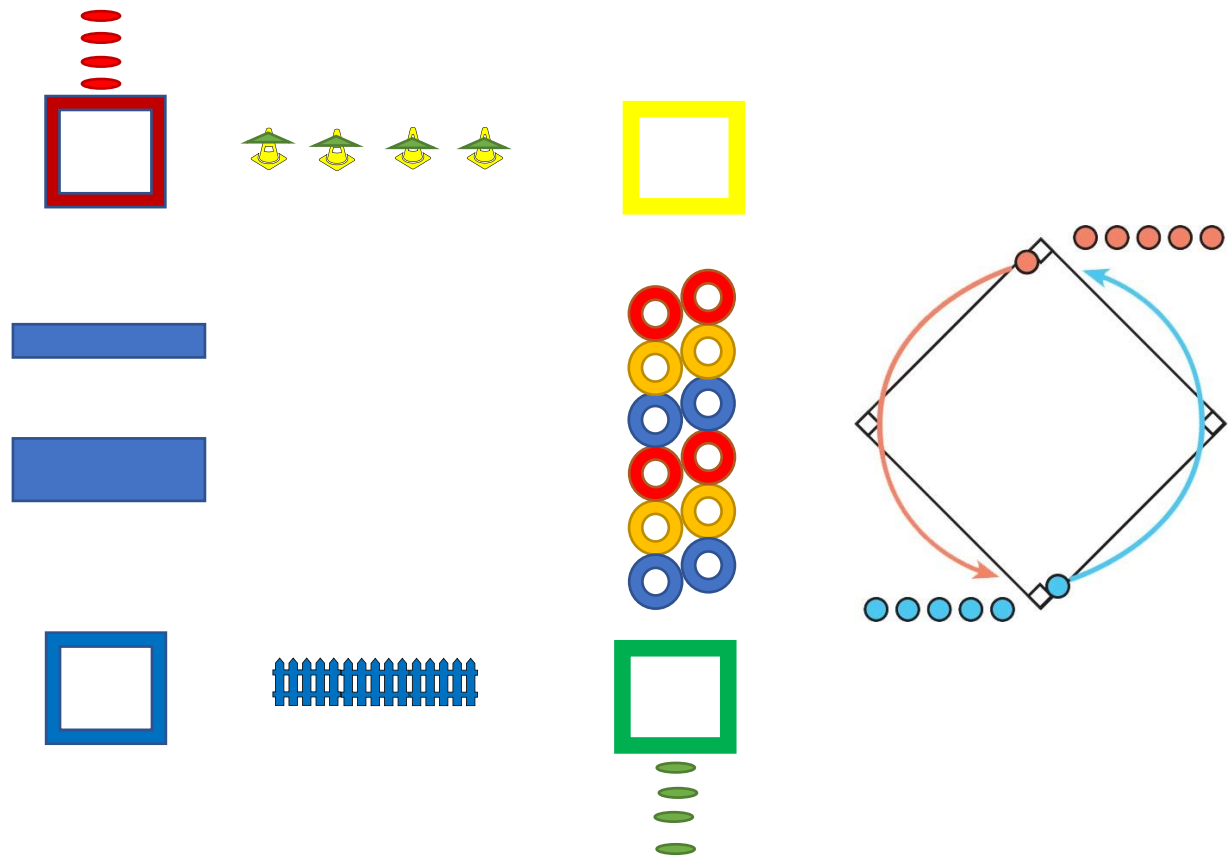


### Base Chase Relay w/ Tarzan Obstacle Course

Purpose: Hand-Offs, Speed, Teamwork, Agility

Equipment: Obstacles, Foam Footballs, Colored Disks

Set-up: Use the same set-up as the Tarzan Obstacle Course with Base-Running. Put down team standing spots at Home Plate and Second Base



Execution:

- Break players into their two teams (Red & Green) as shown above
- One team lines up behind second base. The other team lines up behind home plate
- On the whistle, first player from each team runs all the way around the bases holding the Baton (Foam Football)
- While the player is running, all players scoot up one spot so the next player is ready to go just outside the base
- When the first player gets back to their team line, they hand the ball off to the next player in line who then runs around the bases.
- Continue until all players have run
- First team to get all of its players around the bases and line-up back in their original order wins that round.



**FOOTBALL CAMP (AGES 4-11)  
ACTIVITY REFERENCE GUIDE**

