

ZOO ESCAPE (GENERAL MOVEMENT)

SETUP

1. Area 20x20m is the Zoo
2. 8 x Zoo Gates made up of Red Cones, 2 on each side of the Zoo
3. Animals in Red are in the Zoo Park, with four Blue Zookeepers standing next to 2 x Zoo Gates



HOW TO PLAY

1. Animals move around the area, with Zookeepers looking after each gate
2. When coach shouts "Zoo Escape", animals aim to break out through unguarded gates. Zookeepers stop animals escaping by tagging them
3. If animals escape they score 1 point and then re-enter to start again

PROGRESSION

- Introduce ball each for animals to have in hands / at feet
- Introduce ball each for Zookeeper to have at feet
- Use a different "trigger" for Zoo Escape. For example, instead of coach shouting they could bounce a ball instead (Vision & Awareness)

OUTCOMES

- Agility whilst changing direction
- Movement in different methods - forwards/backwards etc
- Acceleration/Deceleration