

DOMES & DISHES

Development Stage: FUNDAMENTALS

Outcome of Activity

Athletes will have higher heart rate, warmer temperature and will be stretched

Equipment

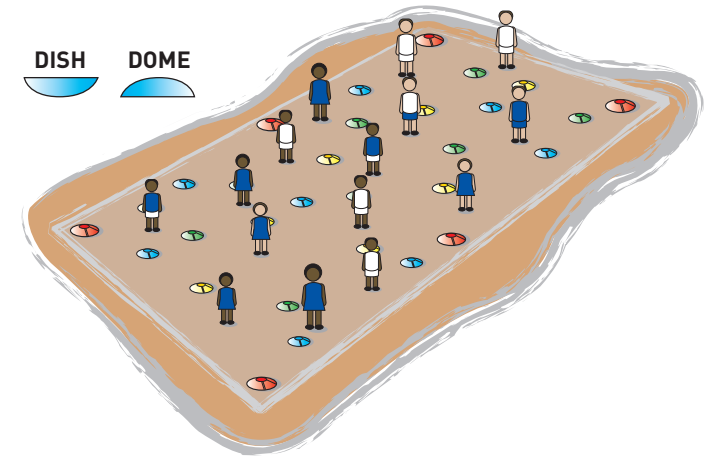
- Cone markers
- Stop watch

How-2 Organise

1. Mark out area with x6 red cones
2. Have half the markers face down and half face up
3. Split the group into two teams
4. One team changes markers to "DOMES" the other, to "DISHES"

How-2 Maintain Safety

1. Stay within the red coned area
2. Don't bump heads



What-2 Get the Athletes to Do

1. On "go", each team to turn their markers
2. Must change halves after turning over a cone
3. Squat down keeping the heels flat on the floor with head up
4. No collecting the markers

What-2 Look For

1. Cheating
2. Heels flat on floor, feet shoulder width apart
3. Eyes looking forwards/up, straight backs

Progressions/Variations

- Change the teams
- Larger/smaller areas
- Fewer/more markers